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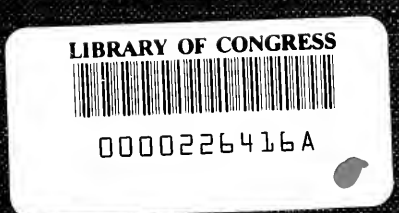

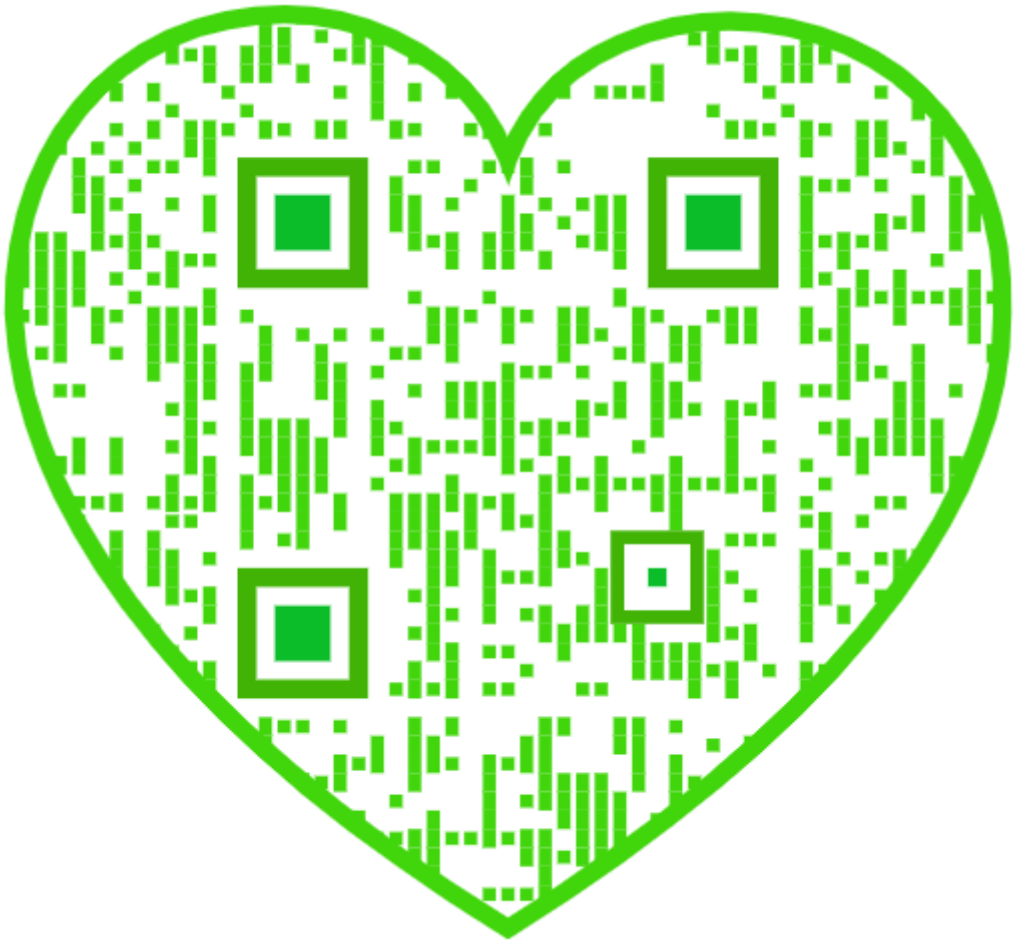

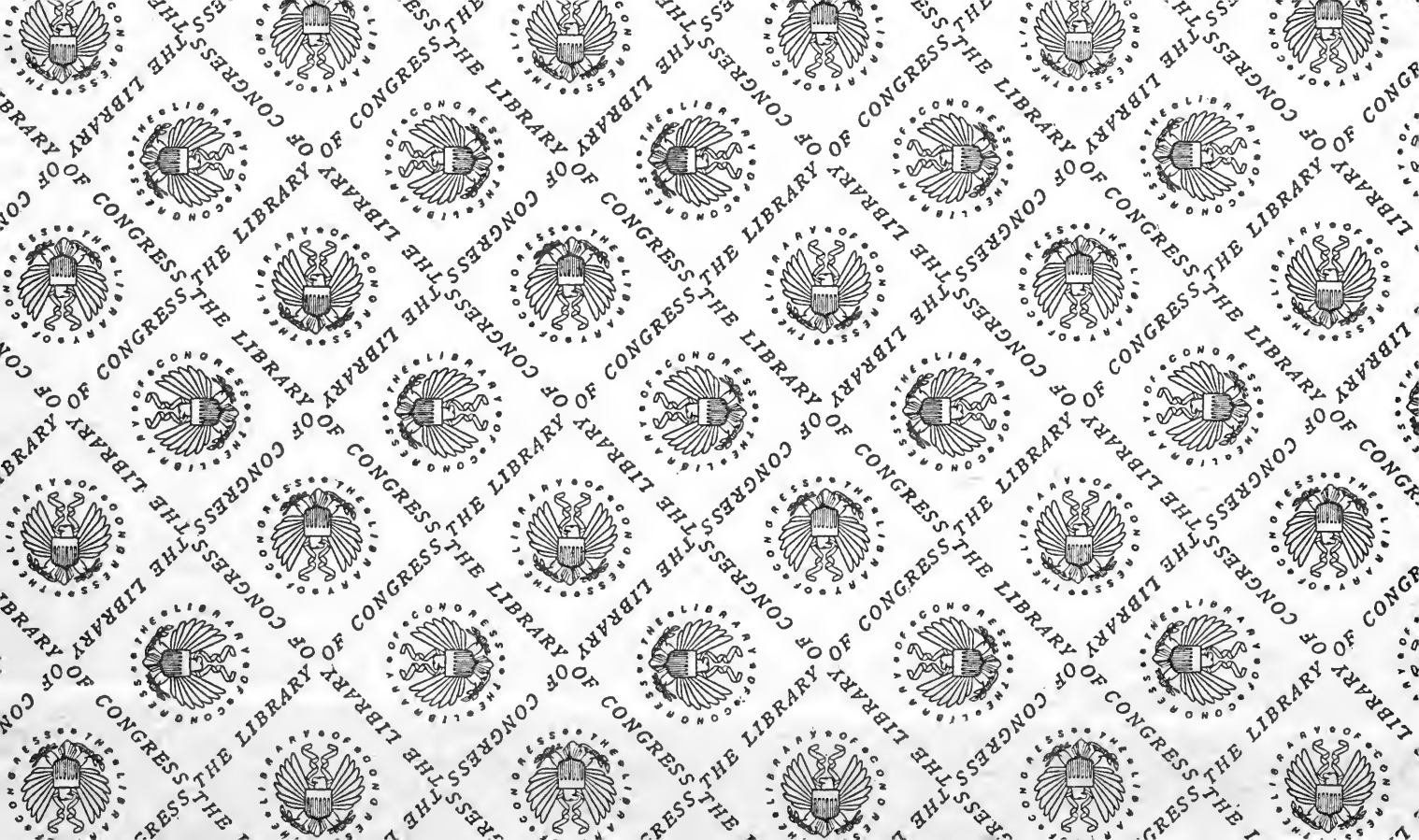
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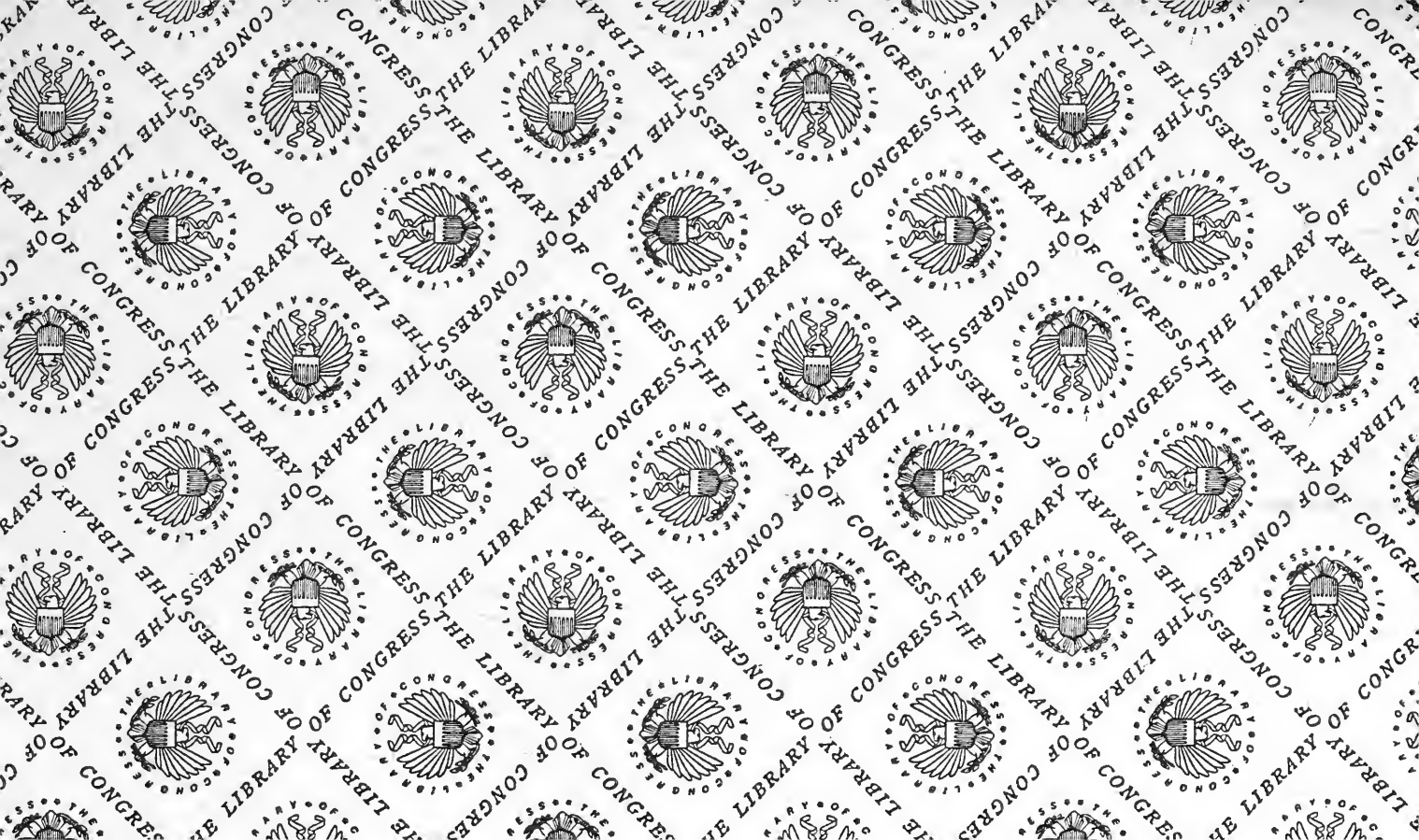
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The All-American COOK BOOK

Being a Collection Chiefly of Recipes of the Favorite Dishes of Famous Americans.

Compiled by
GERTRUDE FRELOVE BREBNER

The proceeds from the sale of this book are to be devoted to the relief of disabled, needy and unemployed ex-service men and their dependent families.

As far as practicable, all work of preparing and selling the book is being done through the employment of ex-service men.

Copies may be purchased at any book store or direct from the publishers at the price of $1.50 per copy, delivered to any address in the United States.

1922
JUDY PUBLISHING COMPANY
Chicago

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DEDICATION

This volume is dedicated to the American principles of democracy and progress; to the ex-service men who fought for these principles in the World War; to those of their number who gave their lives; and to those also of their number, wounded, disabled and needy, now in our midst.

The publication of this book has
been made possible through the
generous aid of

MR. W. J. KLINGENBERG

President of
Sheridan Trust & Savings Bank
Chicago

The ALL-AMERICAN
COOK BOOK

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GREETINGS

EMBASSY OF THE UNITED STATES OF AMERICA

Rome, January 20, 1922.

Dear Mrs. Brebner:

From over the sea I send to you and to the readers of your proposed book, my hearty greetings.

Sincerely yours,

RICHARD WASHBURN CHILD.

FOREWORD

The object of the "All-American Cook Book" is to assist, through its sale, the wounded, the unemployed and needy ex-service men, especially those with dependent families.

All profits accruing to the publishers from the sale of this book will be under the careful supervision of a committee of prominent citizens of Chicago, and receipts and expenditures subject to audit. This money will be given from time to time to the needy and dependent families of ex-service men, which are brought to the attention of the committee by the American Legion Association of Cook County, Illinois.

It is intended particularly to relieve suffering and distress in a class of cases somewhat overlooked, namely, the destitute families of ex-service men who are in hospitals, but who have not yet received compensation from the Government.

It is sincerely hoped that every American Legion Post, wherever located, will sell this book to carry out in its particular locality the object mentioned, and to this end a special price will be named to the Post upon application to the publishers. Profits secured by a Post from such sales are to be distributed to dependent families in its locality, according to the best judgment of the Post.

Only through the courtesy of the wives, mothers, daughters, sisters and friends of the men whose names appear within this book have I been able to compile it, for so great was the response that I am encouraged to compile an annual edition. From every country in the world I have received recipes from famous Americans who wished to assist me in this undertaking. The letters and excerpts are placed in the book to show the spirit of co-operation and the personal interest of the donors. The message from General Diaz is one intended by him to be sent to the wounded boys in the U. S. P. Hospitals throughout the United States, to be placed in the All-American Cook Book.

The All-American Cook Book has taken one year to compile. There were twenty-five hundred letters written in order to receive these recipes. Needless to say, it was only a labor of love, inspired by the beautiful messages and thoughts

of the friends who have made this book possible.

This book has been realized financially through the kindness of Mr. W. J. Klingenberg, president of the Sheridan Trust and Savings Bank of Chicago. I am deeply indebted to him, for, through his doing so, we hope to be able to relieve many cases of suffering and destitution throughout the United States. Also to Mr. James L. Crowder and Mrs. William G. Zetsche I owe a great deal of thanks as interested friends and advisers.

May the American people enjoy reading the All-American Cook Book as much as I have enjoyed compiling it.

GERTRUDE FRELOVE BREBNER.

Chicago, June 7, 1922.

CHAPTER I.

GRIDDLE CAKES

Economy makes happy homes and sound nations. Instill it deep.—George Washington.

WARREN G. HARDING
President of the United States

(Through courtesy of Mrs. Harding)

Waffles

Two eggs, 2 tablespoons of sugar, 2 tablespoons of butter, 1 teaspoon of salt, 1 pt. of milk, flour to make a thin batter, and 2 heaping teaspoons of baking powder. Beat eggs (yolks), add sugar and salt, melt butter, add milk and flour, add milk and flour last; just before ready to bake add beaten whites of eggs and baking powder. Bake on hot waffle iron.

THE WHITE HOUSE
Washington
May 19, 1921.

My dear Mrs. Brebner:

Mrs. Harding is very glad to comply with your request of May seventeenth, and is therefore enclosing her recipe for "Waffles," with her best wishes for the success of the good cause you represent.

C. MALTEN,
Secretary.

GOVERNOR T. C. McRAE, State of Arkansas

Waffles

Four eggs, beaten light; 1 qt. of buttermilk, 1 qt. of flour, 2 handsful of corn meal, 2 level teaspoons of soda, 4 tablespoons of melted lard, and salt to taste. Bake on hot waffle iron.

CAPT. RALPH EARLE

Former Chief of the Bureau of Ordnance, U. S. Navy, now at anchor Guantanamo Bay, Cuba, U. S. Atlantic Fleet, U. S. S. Florida, Flagship.

(Through courtesy of Capt. Earle's chef, W. H. Johnston)

Raised Waffles

One and ¾ cups of milk, 1 teaspoon of salt, 1 tablespoon of butter, ¼ yeast cake, ¼ cup of luke warm water, 2 cups of flour, yolks of 2 eggs and whites of 2 eggs. Scald milk, add salt, and yeast cake in lukewarm water, add flour, beat thoroughly, let rise over night; in the morning add yolks to mixture and beat well; add whites beaten stiff and bake same as other waffles. If whole yeast cake is used, will be ready in 1 hour.

REAR ADMIRAL J. A. HOOGEWERF

Commandant U. S. Navy Yard, Puget Sound, Washington

Waffles

One pt. of flour, sifted 3 times, 1 qt. of milk, 1 egg, 1 tablespoon of melted butter, ½ teaspoon of salt; add flour to make a thin batter. Bake on hot iron and serve with syrup.

M. K. MOORHEAD

American Consul to Stuttgart, Germany

Flannel Cakes

Editor's Note: This recipt was prepared by Mrs. Moorhead and taken from a cook book she wrote for the benefit of the Red Cross while located in British India.

Beat 2 eggs into a bowl and add a teaspoon of salt, a tablespoon of sugar and 1½ pts. of milk with 1 teaspoon of cream of tartar and ½ teaspoon of soda dissolved in it; add flour to make a thin batter. Bake on greased griddle or frying pan; spread with butter and send to table hot. Half of this quantity is enough for 3 or 4 persons.

BRIG. GENERAL D. E. AULTMAN
Camp Knox, Ky., U. S. Army

Health Griddle Cakes

One cup of whole-wheat flour, ½ cup of rye meal, ½ cup of bran, about 1¼ cups of milk, 2 tablespoons of ground flaxseed, 1 teaspoon of salt, 3 eggs and 2 teaspoons of baking powder. Separate the eggs, beat yolks, add milk, salt and all the ingredients except the baking powder. Beat and let the batter rest an hour, then beat in baking powder, add whites of eggs and bake on hot griddle. Serve with maple syrup or honey.

CHARLES C. McCHORD
Chairman, Interstate Commerce Commission, Washington, D. C.

Potato Pancakes

Five large, raw potatoes, 2 onions, 1 tablespoon of salt, and 4 eggs beaten to a froth. Grate onions and potatoes on very coarse grater; add eggs and beat for 5 minutes. Do not add milk or flour.

W. H. SHOLES

American Consul, Gothenburg, Sweden

Dixie Rice Batter Cakes

Take 1 cup of washed rice, 1 pt. of water, place in a sauce pan and boil with lid on until quite dry; put into pan and mix in 1 cup of fresh milk, 6 ozs. of flour with 1 teaspoon of baking powder mixed with it, the well beaten yolks of 5 eggs, pinch of salt, and ¼ cup of best molasses. Work the paste well; form into cakes, put on hot griddle and bake until done. Serve hot with butter and syrup.

HANFORD McNIDER
National Commander of the American Legion

(Elected national commander of the American Legion at the Kansas City convention on November 2, 1921. Under his guidance the millions of devoted Americans who offered their lives for their country in the world war will continue, in the days of peace, to serve their country as citizens of highest ideals.)

THE AMERICAN LEGION
National Headquarters, Meridian Life Building
Indianapolis, Ind.

Office of the National Commander
November 23, 1921.

My Dear Mrs. Brebner:

Thank you very much for your letter of November 21st.

I certainly agree with you about our unemployed ex-service men and we want to do everything we can to see that they get properly taken care of.

I only wish I had some recipe for your cook book, but I am just a bald-headed old bachelor and what I know about cooking I am sure would not help very much. I assure you I am with you in spirit in the good work you are doing.

Very truly yours,
HANFORD MacNIDER,
National Commander.

(Editor's Note—I selected "buckwheat griddlecakes" and trust that Mr. MacNider and other "bald-headed old bachelors" like the dish.)

Buckwheat Griddle Cakes

Two cups of buckwheat flour, ½ cup of corn meal, or if wished, white flour, 1 teaspoon of salt, ¼ cup of molasses, ½ yeast cake, ¼ cup of lukewarm water and teaspoon of soda. Mix buckwheat, corn meal and salt; add dissolved yeast cake, molasses and water; beat well. Let rise over night. In the morning beat, add soda, beat again and fry.

H. L. WASHINGTON
American Consul to Liverpool, England

"May I also enclose a small cheque which I most heartily wish it were possible to make many times larger, and further extend, on behalf of my wife and myself, every wish for the best success of your fine enterprise.

Faithfully yours,
H. L. WASHINGTON."

Waffles

One pt. of sour milk, 2 tablespoons of sugar, flour to make a medium thick batter, stir well and set over night; in the morning add 2 well beaten eggs, 1 tablespoon of melted lard and 1 teaspoon of baking powder and a pinch of salt. Bake on hot waffle iron.

REAR ADMIRAL R. M. KENNEDY
Naval Retiring Board, U. S. Navy, Washington, D. C.

Fruit Griddle Cakes

Make a thin batter of 2 cups of fruit (raspberries or strawberries), 1 egg, 1 teaspoon of baking powder, 1 or 2 cups of milk, flour to make a medium thick batter, and 1 cup of sugar. Fry like pancakes.

STATE OF MAINE
OFFICE OF THE GOVERNOR

Augusta
October 25, 1921.

My Dear Mrs. Brebner:

Your letter of October twentieth addressed to "Governor and Mrs. Parkhurst" was received at this office. Governor Parkhurst died on January 31st, last, and was succeeded by the Honorable Percival P. Baxter of Portland. As Governor Baxter is unmarried I am referring your letter to Miss Susan Ballou, who is the Governor's Housekeeper, and will be glad to send you a recipe from the Executive Mansion that the State of Maine may be represented.

Sincerely,

GERTRUDE H. PLAISTAD,
Assistant Secretary to the Governor.

(Editor's Note—Forty-five governors are represented in THE ALL-AMERICAN COOK BOOK. The following letter asks representation for the Pine Tree State.)

CHAPTER II.

BREADS

If you can't get cream you might as well learn to love your sasser of skim milk.—J. C. Lincoln.

HONORABLE THOMAS R. MARSHALL

Former Vice-President of the United States

"You can furnish a recipe for me, only remember—don't make it too rich for a poor Hoosier.

"That you know I approve of you and your work, I enclose my check with this to buy as many books as it will, when issued, and give with your compliments to some poor soldiers' wives." Excerpt from letter, February 3, 1922. The Editor selected the following recipe, in accordance with the request:

Hoosier Salt Rising Bread

In a deep vessel make a sponge by mixing 3 cups of warm water or new milk, 1 teaspoon of salt and soda and enough flour (about 2 tablespoons) to make a batter, cover closely and set in a pot of warm water in a warm place. After 6 hours (or less), add 1 qt. of flour and enough boiling water or scalded milk (or half and half) to make a smooth elastic dough, working it about ½ hour. Form loaves, put into buttered baking pans, filling them half full, let rise until the pans are nearly full, and then bake in moderate oven from 30 to 40 minutes, according to the size of the loaves. To keep, wrap in cloth or place in stone jars. As milk bread doesn't keep well in hot weather, a teaspoon of butter or lard may be substituted for the milk. This bread may be eaten as soon as baked.

U. S. SENATOR J. E. RANSDELL, the State of Louisiana
Through courtesy of Mrs. Borah of New Orleans

French Loaves

Make a sponge of 1 cup of compressed yeast and 1 tablespoon of sugar dissolved in ½ cup of lukewarm water. To 1 cup of scalded milk add 1 cup of hot water and when lukewarm add to yeast and 2 cups of flour. Beat 5 minutes. Let rise until very light (takes about 1 hour), add 3 tablespoons of melted shortening and 1½ teaspoons of salt. Stir in 5 cups of flour; knead until dough is smooth and elastic, using more flour if necessary. Cover to let rise and when light (double its bulk) mold into French Loaves. Divide the dough in half and each half into twelve, making 24 loaves. Roll each 5 inches long, taper each end. Lay on greased pan sufficient distance apart not to touch each other, cover to let rise an hour in warm place. Bake real brown.

U. S. SENATOR GEORGE W. NORRIS, of Nebraska
Chairman, Committee on Agriculture and Forestry

Bran Bread

Two cups of bread flour, 2 cups of bran, ⅔ cup of granulated sugar, 1 cup of raisins or ¾ cup of chopped nut meats, ½ teaspoon of salt, 2 cups of buttermilk, and 1 level teaspoon of soda. Dry ingredients in order given. Stir buttermilk and soda until foamy. Add to above ingredients and mix thoroughly. Let rise 30 minutes in warm place. Bake in a very slow oven.

MAJOR GENERAL GEORGE O. SQUIRES
Chief Signal Officer, U. S. Army, Washington, D. C.

Gluten Bread

Two cups of boiling water, 2 cups of scalded milk, 2 teaspoons of butter, 2 teaspoons of salt, 1 egg, ¼ yeast cake, ¼ cup of warm water and 3 cups of gluten. Mix water, milk, salt and butter. When lukewarm, add dissolved yeast cake, egg, well beatenfi and gluten. Let rise, when spongy beat well, add enough more gluten to shape. Knead, let rise, shape in loaves, let rise and bake 1 hour.

H. F. BAIN
Director of Bureau of Mines (Interior Department),
Washington, D. C.

Nut Bread

Three eggs, beaten well, 2 teaspoons of sugar, 1 teaspoon of salt, 1 tablespoon of melted butter, 1½ cups of sweet or sour milk, 2 teaspoons of baking powder (or soda with sour milk), about 2 cups of flour, or enough to make a soft dough, about ¾ cup of walnut meats (broken).

MAJOR GENERAL C. J. BAILEY,
U. S. Army, Ft. Howard, Maryland

Graham Bread

One qt. each of graham and white flour, 1 tablespoon of sugar, 1 cup of black molasses, 1 teaspoon of salt, 1 qt. of tepid water in which 1 yeast cake has been dissolved. Beat well together, set to rise over night; in the morning pour off into 2 well-greased bread tins, let rise again for ¾ of an hour, then bake 40 minutes.

GOVERNOR E. F. MORGAN, State of West Virginia

Note: A recipe for bread by Mrs. Meig's (Daphne Squires), whose husband was twice governor of West Virginia in 1830. Written as it was made in 1830 when the brick oven was used.

"Mrs. Governor Meig's Bread"

Sift about 4 qts. of flour in a bread bowl, add 2 teaspoons of salt, ½ pt. of "Daphne's" yeast (which today would be the same as any home-made yeast), 1 qt. of lukewarm milk; stir in just enough flour to make a thin batter (do this the night before); let this stand in brick oven (in winter time) to raise until morning, then add to it ½ pt. of warm milk, stirring in gradually the warmed flour, until the batter is nearly thick enough to knead; then put in a warm place for about 1½ hours, then knead it a long while; then put it again in

a warm place to raise again. . Then bake it. In summer use warm water instead of milk. It is well to add a little saleratus (dissolved in water) just before set to raise the last time. A little piece of butter makes bread more tender.

REAR ADMIRAL H. S. KNAPP

Through courtesy of Miss Knapp (Admiral Knapp's sister)

Coffee Bread

Mix thoroughly 2 cups of flour, ½ cup of sugar, and 2 tablespoons of shortening. To 1 tablespoon of this mixture add 1 tablespoon of sugar and 1 teaspoon of cinnamon. To the rest of the mixture add 3 teaspoons of baking powder, 1 egg and 1 cup of milk. Put in pan and spread over it the smaller mixture, pressing it down. Bake 25 minutes.

H. SHARP

American Consul to Edinburgh, Scotland

Potato Raisin Bread

One yeast cake, ½ cup of warm water, 1½ cups of sweet milk, 2 tablespoons of corn syrup, 1½ cups of mashed potatoes, 4½ cups of wheat or barley flour, 4 tablespoons of shortening, 1 cup of raisins and 1 teaspoon of salt. Dissolve yeast cake and 1 tablespoon of corn syrup in lukewarm water; add 1 cup of flour and milk, potatoes, shortening and corn syrup well creamed. Cover and set in a warm place to rise. When light, add raisins that have been well floured, and salt. Knead lightly and let rise again until double its bulk. Mold into loaves and when light, glaze with egg diluted with water and bake 45 minutes.

MAJOR GENERAL C. J. BAILEY

U. S. Army, Ft. Howard, Maryland

New England Brown Bread

One cup each graham flour, white flour, yellow cornmeal, 1 cup of Porto Rico molasses (black), 2 cups of sour milk, 1 scant teaspoon of salt, 1 heaping tablespoon of either brown or white sugar, 1 very scant teaspoon of bi-carbonate of soda

dissolved in ¼ cup of sweet milk. Grease a mold or a tightly closed tin pail, fill with the above mixture and steam continuously for 3 hours.

COMMANDER M. K. METCALF
Department of the Navy, General Board, Washington, D. C.

Nut and Raisin Bread

One cup of molasses, 1 teaspoon of salt, 1 heaping teaspoon of baking soda (or 2 teaspoons baking powder), 2 cups sweet or sour milk, 4 cups of sifted graham flour (or 3½ cups unsifted), 1 cup of raisins, ½ cup of chopped walnuts. Stir soda in molasses; add milk, salt, flour and raisins and nuts rolled in flour. Bake about an hour.

BRIG.-GENERAL MALIN CRAIG, U. S. Army, Ft. Riley, Kan.

Nut Bread

One and ½ cups of cornmeal, 1½ cups of white flour, 2 cups of graham flour, 1 cup of coarsely chopped walnuts, pinch of salt, ½ cup of brown sugar (no lumps), ½ cup of molasses, 1 teaspoon of baking powder, 2 cups of sour milk and 2 teaspoons of soda dissolved in sour milk. Sift baking powder with the white flour. Mix all ingredients and bake in a moderate oven 1 hour.

J. C. GREW
American Minister to Switzerland

Oatmeal Bread

Four cups of water, 1 tablespoon of salt, 1 cup of molasses, 1 tablespoon of lard. Place on the fire and when it begins to boil add 2 cups of rolled oats. Boil 3 minutes; when cool, add 1 yeast cake dissolved in 1 cup of lukewarm water, and 2 qts. of flour. Knead thoroughly; let rise over night; shape into loaves, let rise and bake ½ hour.

CHAPTER III.

BISCUITS

A light supper, a good night's sleep and a fine morning have often made a hero of the same man who by indigestion, a restless night and a rainy morning would have proved a coward.—Chesterfield.

MAJOR GENERAL OMAR BUNDY, U. S. Army

Rolls

Take 1 cup of yeast, 3 cups of flour, ½ teaspoon of salt, 1 egg and 1 tablespoon of lard. Mix lightly and knead for a few minutes. Roll quite thin and cut into biscuits. Let rise for about 3 hours and bake in hot oven 15 to 20 minutes.

Yeast: 2 cups of potato water, 1 cup of mashed potatoes (very fine), when cold add 1 cake of compressed yeast dissolved in a cup of water, and 1 cup of sugar. This yeast will keep indefinitely if kept in a cool place.

CAPT. RALPH EARL

At Anchor Guantanamo Bay, Cuba, U. S. S. Florida, Flagship

Parker House Rolls

Two cups scalded milk, 3 tablespoons butter, 2 tablespoons sugar, 2 teaspoons salt, 1 yeast cake dissolved in ¼ cup luke warm water, 3 cups flour. Add butter, sugar and salt to milk when luke warm water; add yeast and flour, beat thoroughly; cover and let rise until light, cut down and add enough flour to knead about 2½ cups and let rise again after

the second rising; take and toss slightly on a floured board; knead well and roll out to ⅓ inch thickness; shape with biscuit cutter; take a case knife handle dipped in flour and make a crease through the middle of each piece; brush over one-half of each piece with melted butter, fold and press the edges together; place in a well-greased pan one inch apart and let rise until light; bake in a hot oven 12 to 15 minutes.

H. M. WOLCOTT

American Counsul at Bilbao, Spain

Rolls

Beat 1 egg, add scant tablespoon of lard, 1 teaspoon of salt, 3 tablespoons of sugar, 1 cup of milk, 2 cups of flour and 2 teaspoons of baking powder. Bake in medium oven.

LT. COMMANDER LEE P. WARREN

Aide to the Assistant Secretary, U. S. Navy

Spanish Buns

One whole egg, yolks of 2 eggs, ¾ cups of butter, ⅔ cup of light brown sugar, 1 cup of sweet milk, 3 teaspoons of baking powder, 1 tablespoon of spices, and enough flour to make quite a thick lather. Bake in muffin rings or patty pans. Frost with whites of other 2 eggs, brown sugar and cinnamon.

C. M. FREEMAN

American Counsul, Sydney, Nova Scotia

Brown Bread

One cup of molasses, ¾ tablespoon of soda, 2 cups of sour milk or cream, 2 cups of flour, 1 cup each of graham flour and corn meal. Bake in a slow oven 1 hour.

CONGRESSMAN J. W. FORDNEY, State of Michigan
Chairman, Ways and Means Committee

Graham Loaf

One cup of buttermilk, ½ cup of brown sugar, 1 cup of molasses, 1 teaspoon of soda, 3 cups of sifted graham flour. Steam 3 hours. Do not remove the cover while steaming.

BRIG.-GENERAL E. F. McGLACHLIN
Chief of Staff, Army War College, Washington Barracks, D. C.

Biscuits

One qt. of flour, 1 heaping teaspoon of baking powder, 1 level teaspoon of salt, 1 tablespoon of lard and 1 cup of milk. Mix thoroughly with the hands. Bake over hot open fire or in quick oven. Serve with plenty of honey or syrup.

JUDGE EDWARD K. CAMPBELL
Chief Justice, U. S. Court of Claims

Biscuits from Dixie Land

Sift 4 cups of flour into a basin and ¾ teaspoon of salt, rub 6 level tablespoons of lard well in with the hands, then add ½ cup of milk and 1 cup of water, gradually making a stiff dough. Knead thoroughly until the dough is perfectly smooth. Turn out on a floured board. Beat continuously for 30 minutes with the rolling pin, folding over the dough as it is flattened out. Roll into a sheet about ½ inch thick, cut out with a small biscuit cutter, prick thoroughly with a fork 3 times near the center of the biscuit, and bake in a moderate oven ½ hour.

CHARLES M. HATHAWAY
American Consul to Dublin, Ireland

Parmesan Cheese Biscuit

Sift 3 ozs. of flour and 1 pinch of red pepper on a board, rub in 2 ozs. of Parmesan cheese and 2 ozs. of butter. Make

a hollow in the center, put into this 2 yolks of eggs, 1 teaspoon of stalk and 1 teaspoon of lemon juice; work this mixture to a smooth, thick paste (stiff). Roll out very thin, stamp out in small discs, place on floured baking tin, prick with a fork and bake in a low oven a few minutes. Whip a little cream, mix with grated Parmesan cheese and pinch of red pepper, and put a small quantity in the center of each biscuit just before serving.

BRIG.-GENERAL C. W. KENNEDY
U. S. Army, "Presidio," San Francisco

Cheese Biscuit

Two cups of flour, 4 teaspoons of baking powder, ⅔ cup of grated cheese and 1 teaspoon of salt. Mix and sift the dry ingredients; work in shortening with finger tips. Add gradually the liquid mixture with a knife to a soft dough. Turn out on a floured board and roll ½ inch in thickness. Cut with a small biscuit cutter, and bake in hot oven 12 to 15 minutes.

W. K. WILLIAMS
Former Assistant Secretary of War

Southern Beaten Biscuit

One qt. of flour, 1 teaspoon of salt, 1 large kitchen spoon of lard. Make into a stiff dough with sweet milk or milk and water. Beat with a weight or maul for ½ hour. Bake in hot over, but not hot enough to blister.

U. S. SENATOR L. H. BALL, State of Delaware
Chairman, on the District of Columbia Committee

Potato Split Biscuit

Bake 2 large potatoes; while hot mash into a stonehead jar with a sieve. Stir 1 teacup of lard and butter mixed, with 2 beaten eggs and pinch of salt; to this add 1 teacup of milk in which has been dissolved ½ cake of yeast and 1 tablespoon of sugar; stir in 1 qt. of flour. Mix this at 8 o'clock; add 1 pt. of sifted flour to the dough; let rise second time. At 4

o'clock turn out the dough; roll and cut; place in pan, one on top of the other. Bake in a quick oven.

WILLIAM PHILLIPS

American Minister to the Netherlands

American Biscuits

Mix and sift 2 cups of flour, 1 teaspoon of salt, 3 teaspoons of baking powder. Add 1 cup of shortening and chop with a knife until mealy. Add gradually 1 cup of milk until a soft, spongy dough. Turn on to a floured board; toss with a knife until whole surface is floured. Roll mixture to ¼ inch; brush with melted butter; sprinkle with cinnamon and sugar and chopped raisins and citron. Roll like jelly roll; cut in ½ inch pieces; place on buttered tin; brush with melted butter; sprinkle with brown sugar. Bake in hot oven.

CHAPTER IV.

FISH

Better is a small fish than an empty dish.—Proverb.

U. S. SENATOR J. E. RANSDELL, State of Louisiana

Louisiana Baked Fish

Take a fish weighing between 3 and 4 lbs. Boil fish in a little water, pour water off and pour over it sauce á la Creole and bake, after which slice several hard-boiled eggs over it. Serve hot.

Sauce: Take 2 tablespoons of bacon fat or lard in an iron skillet. When boiling hot cut into it 2 coarsely chopped onions. When this fries to delicate brown push it to one side and put in 2 tablespoons of flour. Stir this until it is a golden brown, then add a little water and 1 can of tomatoes, 1 clove of garlic chopped very fine, a little salt, cayenne pepper and black pepper to taste.

C. M. FREEMAN

American Consul to Sydney, Nova Scotia

Savory Shrimps

Melt 1 tablespoon of butter and add 2 or 3 drops of onion juice; add 1 cup of cream and 1 cup of boiled rice. Shred 1 can of shrimps, which have been well washed in cold water, and add to mixture. When thoroughly heated add half of a cup of tomato catsup. Season with salt and pepper if necessary and serve on crackers or toast. (Cook in chafing dish or double boiler.)

U. S. SENATOR H. S. NEW, State of Indiana
Chairman, Committee on Territories and Insular Possessions

Crab Creole

Meat of 1 large crab, or 1 cup flaked crab meat, 2 medium sized tomatoes, or 1 cup solid canned tomatoes, 2 onions, 1 green pepper, few grains soda, 2 tablespoons butter, few grains cayenne pepper, ¾ teaspoon salt, ½ cup heavy cream, buttered toast. Chop the tomato, onion, and pepper fine. Add the butter and simmer until vegetables are soft, about 30 minutes. Season, add the soda and cream, turn in the crab meat, let stand a moment to become very hot, and serve on the toast. This may be made in the chafing dish. If desired the mixture may be put in a buttered baking dish, buttered crumbs may be strewn over the top, and it may be browned in a quick oven.

BRIG.-GENERAL D. E. NOLAN
U. S. Army, Camp Travis, Texas

Fish Rarebit

One teaspoon butter, few drops onion juice, 1 tablespoon cornstarch, ½ teaspoon salt, ¼ teaspoon paprika, 1 cup milk, ¾ cup finely chopped cheese, 1 cup cold, flaked cooked fish, 1 egg, 1 tablespoon lemon juice, crackers. Melt butter, add onion juice, and then the cornstarch mixed with the salt and paprika. Cook a few minutes and then pour on gradually the milk, cheese, and fish, stirring constantly. When the cheese is melted, add the slightly beaten egg, and the lemon juice. Serve on crackers.

MR. W. J. CARR
Director of the Consular Service, Department of State

Codfish Balls

Soak or parboil boneless codfish. Shred ½ cup and add to 1 cup of mashed potatoes, add 1 teaspoon of butter, dash of red pepper; beat white and yolk of 1 egg separately until

very light, add the white last. Drop from a spoon into deep fat and fry a delicate brown. Drain and serve at once.

GOVERNOR H. J. ALLEN, State of Kansas

Baked Salmon Loaf

One can salmon, 4 eggs well beaten, ½ cup bread crumbs, salt, pepper and butter to taste. Mix all well and bake in loaf ¾ of an hour.

GOVERNOR R. D. CARY, State of Wyoming

Mock Fried Oysters

To 2 cups of cold boiled rice add 1 tin of sardines from which the bones and skin have been removed. This will make a coarse paste. Roll this paste into flat, circular cakes and fry a delicate brown. Serve as you would fried oyesters with tomato catsup.

MAJ.-GENERAL R. L. BULLARD

Commanding General, U. S. Army, Governor's Island, N. Y.

Baked Halibut With Nut Sauce

Boil till tender 3 lbs. of halibut; cut fine and bone. Add 1 pt. of cream and 2 cups of bread crumbs from inside of bread; season with salt, pepper and paprika. Bake in a bread pan lined with waxed paper; put pan in pan of hot water and bake 1 to ¾ of an hour. Cut and serve in slices with nut sauce.

Sauce: One-quarter to ½ lb. of well chopped, blanched almonds, 3 large tablespoons butter; put in frying pan and brown nuts chopped in it. Add to this 1 pt. of sweet cream and season.

CAPT. RALPH EARLE

Deviled Lobster

Two lobsters, ½ teaspoon salt, 1½ cups white sauce, few grains cayenne, 1 teaspoon onion juice, ½ of a green pepper,

sprig parsley, 2 teaspoons lemon juice. Cut meat of lobsters in cubes; chop onion and pepper; parsley fine; mix and sauté in butter; make white sauce, 1 tablespoon butter, 1 tablespoon flour rubbed smooth; add 1 cup boiling milk and stir smooth; mix in all ingredients; fill shells; sprinkle with bread crumbs, dot with butter and bake.

M. B. KIRK
American Consul to Rouen, France

Crabs in Red Peppers

Eight red peppers, 1 pt. crab meat, 4 tablespoons butter, 4 tablespoons flour, 1 tablespoon onion, salt, pepper, paprika, mustard, cayenne, nutmeg, 1 cup cream. Parboil red peppers. Make a white sauce with butter, flour, cream and seasonings. Add crab meat, fill peppers with crab mixture, cover with buttered and seasoned soft bread crumbs, and bake until crumbs are brown.

BRIG.-GENERAL C. L. McCAULEY, U. S. Marine Corps

Mrs. McCauley's Jellied Salmon

Line a brick mold with stock jelly made rather salty and ornamented with whites of eggs and truffles. Boil a piece of salmon nearly the size of mold, and when cold and jelly is set, put salmon in mold and fill up with more jelly. Place on ice and serve turned out on flat dish, garnished with chopped up jelly for border. Cut fish in vertical slices with very sharp knife dipped in hot water.

Sauce: Cut lemons in halves, scoop out and fill cups of lemons with sharp tartar sauce, which should be made green with spinach juice. Have same number of lemon cups as there are guests in order that each may have one.

H. L. WASHINGTON
American Consul to Liverpool, England

Baked Fillet of Fish

Two slices of halibut cut from middle of fish, salt, pepper, lemon juice, melted butter, 2 cups oyster stuffing. Wash and

wipe fish. Place one slice on a buttered fish sheet, brush with melted butter, sprinkle with salt and pepper, cover with oyster stuffing. Place second slice on top of oysters, season, and brush with butter. Bake 40 minutes, basting frequently with melted butter, turning pan often in order that the fish may be uniformly browned. Remove to hot platter; garnish with potato balls, parsley, and lemon; Hollandaise, tomato, or Béchamel sauce.

BRIG.-GENERAL R. L. HOWZE
U. S. Army, Ft. Bliss, Texas

Scalloped Oysters

Wash oysters, drain and dry on towl; place a thin layer of stale, but not dry, bread crumbs in shallow baking dish; put in layer of oysters; season with salt and pepper, a dash of powdered mace and dot thick with bits of butter; repeat; have top layer with bread crumbs with dots of butter. Do not moisten in any way. Do not use more than 1 cup of crumbs to 1 qt. of oysters. Bake in hot oven about 10 minutes or until the oysters just begin to shed juice. Serve very hot. You would never know it for the same dish as the pasty, wet, tasteless dish usually known as Scalloped Oysters.

CHAPTER V.

CANAPES

As is the cook so is the kitchen.—Old Proverb.

CAPT. W. D. WURTZBAUGH
Commandant Great Lakes Naval Training Station

Crab Canapé

Arrange in center of toast pieces of crab meat to look like a flower, using a piece of red pimento for center. Around this make a ring of Neufchatel cheese mixed with chopped green peppers and mayonnaise.

REAR ADMIRAL R. M. KENNEDY, U. S. Navy

Peach Canapé

Melt 2 tablespoons of butter, add 2 cups of peaches with skins and stones removed; cook 10 minutes, then add sugar and lemon juice. Serve over slices of sautéd bread or sponge cake; garnish with cream.

REAR ADMIRAL HUGH RODMAN, U. S. Navy
Commandant Fifth Naval District, Hampton Roads, Virginia

Nut and Olive Canapés

Cut bread in crescents. Fry in deep fat. Mix equal quantities of chopped nuts and olives, with enough mayonnaise dressing to spread. Spread on fried bread and garnish with small diamond pimentoes.

REAR ADMIRAL H. P. HUSE
General Board, U. S. Navy

Cheese Canapés

Cut bread in ¼-inch slices, spread lightly with French mustard, sprinkle lightly with grated cheese and finely chopped olives; or brown in oven before sprinkling with olives.

REAR ADMIRAL T. J. COWIE, U. S. Navy

Lobster Canapé

Cut bread in ¼-inch slices; shape with doughnut cutter. Cream 2 tablespoons of butter, add 1 cup finely cut lobster meat, 1 teaspoon of mustard, few drops of Worcestershire sauce, few grains, and 6 olives finely chopped. Sauté bread in butter and spread with above mixture.

CAPT. W. D. WURTZBAUGH

Caviare and Tomato Canapé

Place on a plate 1 medium sized leaf of lettuce (white head); on this lay 1 large slice of tomato. Cut a hole in center of tomato and set in ½ of the white of a hard-boiled egg filled with caviare mixed with mayonnaise; arrange around this and the tomato a ring of the yellow of egg mixed with mayonnaise.

CHAPTER VI.

SOUPS

A husband's wrath spoils the best broth.—Old Proverb.

NEWTON BAKER

Former Secretary of War

Jellied Bouillon (For Hot Weather)

Use 1 boullion cube or a teaspoon of Maggie bouillon, to 1 cup of boiling water. Jelly by using 2 tablespoons of gelatine to the quart. Flavor as desired. Break into pieces and serve in cups.

ALBERT FALL

Secretary of the Interior

Soup Made With Mexican Frizole Beans

Put 1 qt. of well cooked beans through a colander; add 1½ qts. of sweet milk, 1 heaping teaspoon of butter (if beans have been cooked in clear water without seasoning, which is the best way), a little grated onion, if desired, and pepper and salt. Let come to a boil. When served sprinkle a little grated hard-boiled egg over each plate, and 2 slices of lemon. It should be the consistency of cream soup, not too thick. Use 2 or 3 eggs for the measurements given.

BRIG.-GENERAL DOUGLAS MacARTHUR
Commanding General West Point, U. S. Military Academy

Mulligatawny Soup

Six cups of chicken stock, ¼ cup of onion, 2 tablespoons chopped cooked ham, 4 cloves, 1 tablespoon of carrot, 1 teaspoon of curry powder, 1 teaspoon chopped parsley, salt, pepper and cayenne to taste, ½ cooked chicken, 2 cups of tomatoes, ½ cup chopped green apple, ¼ cup boiled rice, and 1 sliced lemon. Melt a little butter and cook vegetables in it for 5 minutes. Add remaining ingredients, except lemon, and cook ½ hour. Serve garnished with the sliced lemon.

GOVERNOR M. C. MECHEM, of New Mexico

New Mexican Vegetable Soup

For 6 people take 2 onions, 2 carrots, 2 turnips, 1 small parsnip, ½ head of celery, ¼ head of cabbage, handful of string beans and 1 of green peas, 1 clove of garlic and chop them very fine and put to cooking in 1 qt. of hot water; then add 1 pod of red chile, whole. When all have been cooked tender they should be run through a coarse sieve back into the water in which they were boiled. Add 1 pt. of rich soup stock, 1 cup of canned or ripe tomatoes, run through a colander, and 2 raw potatoes grated on a coarse grater. Salt to taste, adding a teaspoon of orégano, and let the soup cook slowly for several hours, adding hot water occasionally as required to keep it the desired consistency. Serve steaming hot.

THEODORE JAECKEL
American Consul, Bordeaux, France

Pumpkin Soup

One lb. of pumpkin, 2 glasses of water, 1 pt. of sweet milk, butter, size of egg, 1 teaspoon of salt, 2 tablespoons of sugar, and 1 tablespoon of tapioca. Cut the pumpkin into small pieces, after peeling off rind, and put in a sauce pan with 2 glasses of water and 1 teaspoon of salt. Cook slowly over a slow fire for 1 hour; mash fine and press through a colander; return the pumpkin to the fire, adding 1 pt. of milk, butter, sugar and tapioca. Cook for 10 minutes, or until it

thickens. Serve with small pieces of toast which have been fried in butter.

REAR ADMIRAL M. L. BRISTOL, U. S. Navy
U. S. High Commissioner in Turkey

Okra Gumbo

One chicken, cut up and fried, 1 qt. of okra chopped in small pieces, 1 doz. ears of corn, cut from cob, 1 pod of red peppers, cut fine, and chopped onion. Put all in soup pot and stir until nearly done; add 2 qts. of boiling water and cook 4 hours. Before removing from stove stir in 2 qts. of ripe stewed and mashed tomatoes. Serve with boiled rice.

J. J. BRITTAIN
American Consul-General

Velvet Soup

Six medium sized onions, 1 large tablespoon of butter, 6 coffee cups of boiling water, 6 teaspoons of minute tapioca, ½ cup of cream, and yolks of 2 eggs. Slice the onions and fry in butter until all but black, add water, pepper and salt, and cook 20 minutes. Strain through a hair sieve; bring to a boil, and add tapioca, cooking 10 minutes more. Add yolks beaten in cream and serve. Do not boil after cream is added.

U. S. SENATOR THOMAS STERLING, State of South Dakota

Cream of Tomato Soup

One pt. of tomatoes after passing through sieve; add pinch of soda, boil well, then add pepper and butter and 1 tablespoon of grated cheese. Before serving, add 1 qt. of sweet milk and ¼ teaspoon of salt. If a thicker soup is desired, add 1 teaspoon of cornstarch dissolved in cold milk.

MAJ.-GENERAL W. C. NEVILLE, U. S. Marine Corps

Peanut Soup

Put 1 qt. of milk in a double boiler; add ½ pt. of peanut butter, 1 small grated onion, and 1 cup of finely cut celery;

cover and cook slowly 20 minutes. Moisten 1 teaspoon of cornstarch in a little cold milk and add to hot soup, stirring it until it is smooth and thick; strain, and serve hot, adding 1 teaspoon of paprika last.

CAPT. W. M. CROSE
Commandant, U. S. Naval District, Cavite, Philippine Islands

Onion Soup

Stew into a double boiler for 1 hour 2 large minced onions, 6 ozs. of butter, salt and pepper, and 1 qt. of soup stock. Into 1½ cups of milk stir 4 well beaten eggs and 3 tablespoons of Parnesan cheese. Cook until creamy, but do not boil; add it quickly to onion and stock and serve at once.

C. O. SPAMER
American Consul to Medan, Sumatra

Oatmeal Soup

Two tablespoons of butter, ½ cup of oatmeal, 1 qt. of water, 1 bay leaf, and salt and pepper; meat extract if desired. Brown the oatmeal in the melted butter, stirring it constantly. Add cold water gradually, and the bay leaf. Season to taste. Boil 1 hour.

C. B. HURST
American Consul-General, Habana, Cuba

Bouille-Baisse

Take 6 lbs. of fish, such as whitefish, sole, carp, etc., 25 to 30 mussels, 6 onions cut in 4 parts, 2 strained tomatoes, 2 bay leaves, 2 slices of lemon, a drop of the juice of orange peel, 4 cloves tied in a little bag, salt, pepper, saffron and finely chopped parsley, and 1 pt. of bouillon. Cut the fish in small pieces and put all ingredients together in a sauce pan, stirring until hot; then add 1 pt. of olive oil and water to cover the whole. Cover the sauce pan tightly and put it over a quick fire to boil for 40 minutes. Place about 3 slices of bread on each plate, remove the bag of cloves, and pour the contents of the sauce pan over the pieces of bread, serving as a soup,

or a first course.

To be really "Southern French" a little garlic may be added. Small pieces of lobster as well as a few shrimps make a savory addition.

U. S. SENATOR THOMAS STERLING, State of South Dakota

Corn Soup

One qt. can of corn boiled in 1 pt. of water; strain, and add 1 qt. of milk, ½ teaspoon of sugar, 1 teaspoon of salt, 2 tablespoons of butter and 1 tablespoon of flour well blended. Just before serving add 1 well beaten egg and a little parsley.

W. W. BRUNSWICK

American Consul to La Rochelle, France

Vegetable Bouillon

Take 3 carrots, 4 leeks, 1 potato, 1 medium sized turnip, 1 onion, a small bunch of cherville, and 2 cubes of sugar; place these in a kettle containing 2 qts. of boiling water; add salt and cook slowly for 2 hours, then strain, removing all vegetables, then add 1 tablespoon of butter and 1 tablespoon of tapioca. Allow it to boil 10 minutes longer, stirring it constantly the last 10 minutes. Serve hot.

C. R. NASMITH

American Consul, Ghent, Belgium

Calves Liver with Mushrooms

One and ½ lbs. of calves liver, ½ lb. of mushrooms, large piece of fresh butter, salt, pepper, and 1 teaspoon of Liebig or Borril. Put the meat in a deep pan with the butter, salt and pepper and let it cook until it is tender, removing it when cooked to the oven to keep in a warm place until used. Next, clean and cut the mushrooms in small pieces and drop them in the meat juice, to which you add the juice of a lemon. When the mushrooms are cooked, take them out and thicken the sauce with a little flour, adding the Liebig or Borril last of all. Slice the meat and put it on a hot dish and pour the mushroom gravy over it. Serve with mashed potato croquettes.

U. S. SENATOR W. B. McKINLEY, State of Illinois

Mushroom Soup

One-half lb. of mushrooms, ½ cup of butter, ½ cup of flour, 2 qts. of stock, pepper and salt to taste, 1 pt. of cream. Cream the butter, add the flour and stock. Put the mushrooms through the grinder and add to the soup. Just before serving add 1 pt. of whipped cream.

"This is the best stuff you ever put in your mouth." (From Senator McKinley's letter.)

FRANK BOHR

American Consul to Cienfuegos, Cuba

Celery Soup

One cup of chopped celery (enough for 4 persons), 1 pt. of hot water, add more as needed, until cooked tender. Boil down to about 1½ cups of water or less, then add the milk to the desired richness; salt, butter and pepper to taste. This is a very nourishing soup.

CHAPTER VII.

MEATS

The healthiest feast costs the least.—Old Proverb.

WILL R. HAYS

(Note: This recipe was sent while Mr. Hays was Postmaster-General of the United States.)

Baked Ham

Take 1 good sized cut of ham, stick cloves over the top and sprinkle generously with brown sugar. Bake slowly in oven until done.

J. I. BRITTAIN

American Consul-General, Winnipeg, Man., Canada

Scallops of Veal

Cut veal steak into individual portions and pound until tender. Fry in butter until brown. Remove from the pan and add more flour and butter, stirring in enough boiling water to cover the meat. Add a bay leaf, salt and pepper and replace the scallops in the sauce. Cook for ½ hour slowly, keeping it closely covered. Remove the scallops and place each one on piece of buttered toast. Add to the sauce an egg yolk which has been beaten into a cup of cream. Pour over the meat immediately.

W. S. HOLLIS
American Consul-General, Lisbon, Portugal

Stuffed Suckling Pig

Rub the skin of the suckling pig with a thick cloth, dipped in boiling water. Then take the tripe away, rub the pig with butter, fat, pepper, salt, garlic, cover with lemon and let remain like that 4 or 5 hours before putting it in the oven. Cut the pluck in pieces (small) and add potatoes, hard-boiled eggs, parsley, onions, pepper, and a little water, and put it on the fire. When it is ready, take it off the fire and add stoned olives to it. Stuff pig with this mixture and place in oven.

GOVERNOR M. C. MECHEM, State of New Mexico

Pozole
Taken from "New Mexican Cooking"

Select a good piece of New Mexico pork, and cut up into small pieces for cooking. Fry 2 onions and 4 cloves of garlic, chopped fine, in a tablespoon of lard or dripping and add the pork, about 2 lbs. for average meal, and let it blend with onions and garlic. Add 1 teacupful of hominy or hulled corn for each lb. of meat and chile pulp (see sauces) in the proportions of ½ teacupful to each lb. of meat, 1 laurel leaf and 1 tablespoon of pulverized orégano, salt to taste. Let this cook slowly until meat is tender. Should be served piping hot. Tomatoes may be added, if desired, but are not essential.

E. M. McGUIRE
Senior Nat'l Representative, Buck Privates' Society, A. E. F.

Chop Suey

One and ½ lbs. of pork and veal cut up, 3 large onions, 2 stalks celery, 5 tablespoons "Fuji Sauce," 2 tablespoons molasses, 2 tablespoons catsup, 1 small raw mushroom, 2 tablespoons flour. Boil meat until tender. Allow 1 pt. of juice, 2 tablespoons bacon fat. Have the pan hot and fry meat with 2 tablespoons "Fuji Sauce" (fry 5 minutes). Add celery, onion and mushrooms and other 3 tablespoons of "Fuji Sauce" (cook 5 minutes). Add 1 pt. of meat juice, molasses, catsup and thickening and cook 15 minutes. Serve with rice.

U. S. SENATOR MORRIS SHEPPARD, State of Texas

Chile Con Carne

One pt. of chile beans, 1 lb. of round steak, 2 onions, 1 can of tomatoes, 1 teaspoon of salt, and ½ teaspoon of paprika. Cut the steak in strips 1 inch long, ¼ inch wide, let brown in frying pan. Skin out the meat, add to the fat the finely chopped onions and cook until soft. Add tomatoes and heat to the boiling point. Add beans, without liquids, the salt, and paprika and pour over the meat. Simmer gently 3 hours.

REAR ADMIRAL B. C. BRYAN
U. S. Naval Retiring Board

Mexican Tongue

One fresh beef tongue, 1 cup of vinegar, 1 cup brown sugar, 1 doz. whole cloves, ½ cup raisins, 1 sliced lemon. Simmer tongue for 4 hours the day before using. Peel and return to the liquor and let it stand in it over night to get cold. Drain and place in casserole with the sauce made of the vinegar, sugar, cloves, raisins and lemon. Bake slowly 3 hours.

MAJ.-GENERAL J. G. HARBORD
Deputy Chief of Staff, U. S. Army

Baked Ham

One tablespoon each of flour, brown sugar and mustard. Rub and mix into a thick slice of ham on each side. Cover with milk and bake in oven 1 hour.

CHARLES HATHAWAY
American Consul, Dublin, Ireland

Meat á la Riviere

One lb. of steak, 2 medium sized onions, 2 ozs. butter, ½ lb. can of tomatoes or 1 lb. fresh ones, a little stock and flour thickening. Put butter in saucepan, melt and add onions peeled and sliced, salt and pepper to taste. Stir in thickening and breakfast cup of stock. Add meat (removing all bone and gristle). Cover close and simmer slowly 6 hours. Add

tomatos and little hot water. Cook 20 minutes. Serve with rice or macaroni and tomato sauce.

S. E. McMILLIN

American Consul to Port Lima, Costa Rica

Spanish Steak

Fry flank steak in Crisco or butter until brown; take out and put into baking pan and season with salt and pepper. Slice onions and fry brown in frying pan. Spread onions over steak and over it pour 1 can of tomatoes (juice and all). Bake in a slow oven about 1 hour, basting often.

DR. L. OFNER

U. S. P. H. No. 30, Drexel Hospital, Chicago

Pot Roast

Two and ½ lbs. of sirloin beef, 1 tablespoon drippings, 1 pt. boiling water, 1 tablespoon flour, 1 chopped onion, salt and pepper to taste. Wash, season meat, and sprinkle with flour. Heat the fat and fry onion in it until light brown. Place meat in pot, brown on all sides, pour on boiling water and simmer slowly until tender. Add a little boiling water from time to time to keep from burning. A little stewed tomato placed on meat ½ hour before serving adds to its flavor. Thicken gravy with flour.

BRIG.-GENERAL U. G. McALEXANDER

U. S. Army, Camp Lewis, Washington

Through courtesy of Mrs. J. Stuhr

Tamale Loaf

One can strained tomatoes, 3 cloves of garlic, "Grandma's Spanish Pepper," 1½ lbs. of fresh pork, chopped fine, 2 large onions, salt to taste. Add 1 cup of milk, 1 cup of yellow corn meal, 3 eggs, can corn, 1 pt. stoned ripe olives, 3 tablespoons olive oil, 1 tablespoon butter. Cook mixture 15 minutes and then put in pan and bake 1 hour.

U. S. SENATOR F. B. WILLIS, State of Ohio

Roundsteak Breasteau

Make a cream sauce of 1 tablespoon each of flour and butter until smooth, add 1 pt. of white stock, or milk; cook to smooth gravy. To the sauce add 1 pt. of ground steak, 3 cups of bread crumbs, salt and pepper to taste. At last moment add 3 eggs beaten to a froth. Bake in buttered muffin tins set in cold water. Cover with paraffin paper. Bake 20 minutes. Serve with more sauce. Makes 12 cakes.

CONGRESSMAN E. O. LEATHERWOOD, State of Utah

Beef á la King

One lb. of round steak, 1 green and ½ teaspoon of salt. Cut the steak in small or large pieces and put in frying pan with enough fat to brown; when browned add enough water to let simmer about ¾ of an hour. Add thickening of 1 tablespoon of flour and 1 cup of milk. Boil a few minutes and serve hot with mashed potatoes.

J. B. MILNER

American Consul to Niagara Falls, Ont., Canada

Philadelphia Scrapple

Take 5 lbs. of fresh pork, cover with water, add 1 heaping tablespoon of salt, and boil until the meat separates from the bone. Remove the meat from the kettle, straining off the liquor and return to the kettle. Then add to liquor enough to make 2½ qts. To this add 1 chopped onion and a little sage if desired, then stir in enough corn meal to make a mush that will slice when cold. When the meat has been stirred in have meat chopped, not too fine, put into kettle and boil all together for an hour or so more, being very careful not to scorch. When thoroughly done, turn out in square pan, and when cold cut in slices and fry a delicate brown.

REAR ADMIRAL T. J. COWIE

Secretary and Treasurer, Navy Mutual Aid Association

Pork Chops á la Mode

Cut chops about 1 inch thick, parboil and roll in cracker crumbs and eggs, doing it twice. Season with salt and pepper,

lay in baking pan, place a small piece of butter on each chop, put on cover and bake until brown. Scald 1 pt. of sweet milk, stir into a cream made up of 1 tablespoon each of butter and flour, adding 2 tablespoons of chopped parsley and a little grated nutmeg. Pour over chops just before serving.

U. S. SENATOR R. H. CAMERON, State of Arizona

Tenderloin Steak

Cut steak 2 inches thick, from the middle of a fillet of beef, and flatten with a cleaver. For 6 steaks, mix 2 lbs. of mashed potatoes, 1 tablespoon finely grated horseradish and ½ gill of cream in a saucepan over an extra hot fire; when hot, work in 2 egg yolks, season with pepper, salt and grated nutmeg, and remove from the fire. Make of this mass as many balls as you have steaks and flatten the balls to the same thickness as the steaks, dip them in egg and crumbs and fry to a golden color in butter. Drain and keep hot. Peel and core 1 large sour apple, cut into slices, dip in flour and milk, fry in butter. Arrange slices of prepared potato on hot dish, put the steaks, fried rare, on top of each, brush over with meat glaze, and top each with fried apple, 1 fried mushroom head on top. Pour some hot tomato sauce around the base. Serve hot.

REAR ADMIRAL H. P. HUSE

General Board, U. S. Navy

Roast Suckling Pig

A pig from 3 to 6 weeks old is best for roasting. Leave the pig whole and wash inside and out, chop the liver and mix with equal quantities of bread crumbs and mashed potatoes. Add 2 chopped onions, a little parsley, salt and pepper to taste; mix into a paste with 2 beaten eggs, 1 lump of butter and 1 cup of milk. Stuff the pig with this dressing. Sew it up and bake about 1½ to 2 hours, basting frequently. Make a gravy with the stuffing and the drippings. When the pig is done, put on a platter, put a lemon or apple in its mouth; serve with the sauce and lay on platter sprigs of parsley and any attractive garnish. This is a delicious dish if properly prepared.

COL. T. BENTLEY MOTT

American Military Attaché, Paris, France

How to Cook a Ham

Soak the ham in cold water 24 hours then wash thoroughly. Put it in a boiler with skin side up and cover it with cold water. Put it on slow fire, so that the water will come to a boil very gradually. Once the water has come to a boil, it should be allowed to simmer slowly for about 2 hours, after which it should boil more quickly for 2 or 3 hours, according to size of the ham. In any case, whenever a fork can be stuck in readily to the bone, in any place, or when the hough comes loose, remove the boiler from the fire, and let the ham cool in its own water. When cool, remove, and take off skin carefully. Prepare the following basting: 1 cup of sherry substitute and ½ cup of brown sugar. Cover the ham with stale bread crumbs, stick in cloves all over ham. Put in moderate oven and baste with the mixture until a brown crust is formed. Serve hot or cold.

Note: The method above is used in Virginia and Maryland, and while primarily intended for Virginia ham, it may successfully be used with any other variety.

GOVERNOR S. R. McKELVIE, State of Nebraska

"I am giving you here a favorite of our camp days and one used on western ranches where it is necessary to have substantial foods and yet great variety cannot be served. It is called by the cowboys 'Hungarian Goulash.' "—Mrs. S. R. McKelvie.

Hungarian Goulash

One lb. of chopped meat (coarse), chopped onion, ¼ lb. of butter, 1 cup of cooked rice, macaroni or spaghetti, and 1 large can of tomatoes. Fry onion brown in butter, until done, adding tomatoes, rice and cooked macaroni. Season with a bit of garlic and red pepper. Set on back of stove to cook slowly.

C. M. FREEMAN

American Consul to Sydney, Nova Scotia

Ham Trifle

Chop 1 cup of boiled ham, 3 hard-boiled eggs and 5 soda crackers. Boil 2 cups of milk and add to this a large piece of butter; thicken with flour 1 teaspoon and 1 teaspoon of dry mustard. Stir this into ham, eggs and crackers, adding 1 teaspoon of minced parsley. Bake ½ hour in baking dish. Good without eggs.

G. BIE RAVNDAL

American Consul-General, Constantinople, Turkey

Meat Balls

To 2 lbs. of meat add ¾ lbs. of suet. The meat and suet should first be cleaned thoroughly of all tough pieces and skin, after which it should be put through the meat grinder 6 or 7 times. Now work in sweet milk, adding a little at a time, until mixture is quite soft. Form in soft balls and boil in slightly salted water. Serve in a brown gravy made of 2 tablespoons of butter well browned into which has been stirred enough flour to thicken the quantity of gravy desired, adding from the stock or water in which the balls were cooked until the right consistency is reached. The meat should not be too fresh, as one often finds freshly butchered meat wet, which will not mix well with the suet.

COL. H. C. SMITHER,
Chief Co-ordinator, General Supply, U. S. Army

Ham Piquant

One lb. thinly sliced cooked ham, 4 teaspoons dry mustard, cold milk as needed, ¾ cupful grated Parmesan cheese, dash cayenne, ¼ teaspoonful black pepper. Mix the mustard to a thick paste with the milk and the seasoning. Spread this on the ham, sprinkle each slice with cheese, tie with a string in the form of a brick, and bake in a moderate oven till the ham-fat is melted, basting now and then with the fat as it runs out into the pan. When cold, remove the string and cut in slices downward through the layers.

H. FOSTER BAIN
Director, Bureau of Mines, Interior Department

Spanish Ragout

Into a frying pan put 2 tablespoons of olive oil; when hot drop in 2 chopped onions, and boil until brown, but be careful not to burn; when brown add 1 can of tomatoes; boil hot drop in 2 chopped onions, and until brown, and until slightly, then add scraps of cold boiled or toasted left-over chicken, beef, or lamb. Season and thicken. Serve hot with rice.

COL. F. J. MORROW, U. S. Army

American Ravioli

Two cups chopped cooked meat, 1 onion, 2 eggs, ½ cup of flour, quart can of tomatoes, salt, pepper, and red pepper to taste, few drops of onion juice, 2 tablespoons of butter, ½ cup of drippings or lard. Run meat through chopper, season with salt, pepper, red pepper, moistened with 1 egg well beaten. Beat the remaining egg, add pinch of salt and as much flour as the egg will take up, then toss on a board and roll very thin. Cut in 4-inch squares, place an equal amount of meat and a small piece of butter on each square and press the corners together with a little water. Place the drippings or lard in a saucepan; add the sliced onion and fry until a golden brown; then add the tomatoes, and season to taste. When the sauce is boiling drop in the ravioli quickly, cover lightly

and cook 10 minutes. Serve hot. Sprinkle grated cheese over the top if desired.

JAMES J. DAVIS
Secretary of Labor

Meat Dish

Grind together ½ lb. of round steak, ½ lb. of pork and 1 onion. Season to taste. Place in a steamer. Take 1 box of macaroni, cook 10 minutes, place on top of the meat. Over this pour 1 can of tomatoes. Steam 1½ hours.

U. S. SENATOR T. E. WATSON, State of Georgia

"Senator Watson's Meat Pie"

One pound of best round steak, ground fine. Mix with it 2 good dashes tobasco sauce, ½ teaspoon Worcestershire sauce, salt and pepper to taste. Beat an egg thoroughly; dip the meat cakes in this, roll in cracker crumbs, dip in egg again, and roll again in cracker crumbs (to insure no grease getting in cake). Fry brown in deep fat, drain and serve.

CAPT. RALPH EARLE
Guantanamo Bay, Cuba; U. S. S. Florida (Flagship)

Lamb Chops á la Marseilles

Pan broil 6 French chops on each side; cover the cooked side in the mushroom sauce (see sauces); place in buttered baking pan and bake in oven 8 minutes. Remove to serving dish; place frills on each chop. Garnish with parsley.

H. L. WASHINGTON
American Consul to Liverpool, England

Calves Brains á la Béchamel

Cut 2 cups of cooked calves brains into small pieces. Marinette with French dressing. Melt 2 tablespoons butter, add 4 tablespoons chopped pepper, ½ cup chopped mushrooms,

few drops onion juice, 2 tablespoons of flour, and 1 cup of chicken stock. Cook 5 minutes; add brains; season with salt, cayenne, tobasco and Worcestershire sauce.

BRIG.-GENERAL D. E. AULTMAN
Camp Knox, Kentucky

Near Possum

This is a Dixie recipe that tastes just as good when made north of Mason's and Dixon's line. For this toothsome dish take a pound slice of pork steak and roll it about the following dressing: Boil and peel 2 medium sized sweet potatoes and press through a colander. Season them with 2 tablespoons of brown sugar, 2 tablespoons of cane syrup, 1 egg, salt, red pepper and a pinch of ginger. Tie the dressing securely in the steak, rub with salt and pepper and put in dripping pan with 1 pt. of hot water. Bake 1½ hours and serve garnished with halved, baked apples.

GEORGE ORR
American Consul to Panama City, Panama

Peas and Ham

Melt 1 cup butter, blend 1 cup flour, add seasoning, and 1 finely chopped green pepper (over slow fire); add gradually 1 can peas with liquor, ½ lb. diced boiled ham cut thick, little parsley and 1 pt. sweet milk. When of a creamy consistency, pour over toast. A delicious luncheon dish if properly prepared.

A bird in the pan is worth two in the bush.—Old Proverb.

GOVERNOR J. W. PARKER, State of Louisiana

Chicken á la King

One can of mushrooms, ¾ can of pimentos cut in small pieces, 3 hard-boiled eggs cut in quarters, 1 large sweet (green) pepper chopped, chopped meat of a cooked chicken. Make a cream sauce, adding a raw egg; add chicken and other ingredients. Season to taste.

A. J. McCONNICO
American Consul to Guadalajara, Mexico

Turkey or Chicken With Mole Poblano Sauce

Boil a fowl in water properly seasoned with salt, 1 onion and 1 head of garlic. Seed 1 lb. of assorted dried red and black chile peppers, and half fry in lard. To this add small quantity of ground cloves, cinnamon, a small piece of grated chocolate, almonds toasted in lard, some wild majoram, and toasted sessame, and continue to fry until ingredients form the consistency of gravy. Place the fowl sprinkled with flour in an oven, and while baking pour the boiled broth over the fowl and when cooked add the sauce.

REAR ADMIRAL H. T. MAYO

Chicken Soufflé

To 1 pt. of cold chicken (chopped fine) add 1 teaspoon of salt, ½ salt spoon of pepper, 1 tablespoon of chopped parsley; cream 1 tablespoon each of butter and flour, add ½ pt. of milk and stir until boiling; add this to chicken and add carefully the well beaten whites of 4 eggs. Turn into a baking dish and bake in moderate oven 15 minutes.

GOVERNOR M. C. MECHEM, State of New Mexico

New Mexican Turkey

Select fine bronze New Mexican turkey, dressing carefully without breaking skin lest juice will run out. After dressing keep in cool place 2 days. Take the giblets and a small piece of the turkey fat and boil tender in about 1 qt. of water. Chop giblets and fat fine, soak 2 loaves of very stale bread in the water in which giblets were cooked, mixing thoroughly with the hands. Chop 2 heads best New Mexican celery, 2 onions, 3 cloves of garlic together and add to mixture, mixing thoroughly with hands; then add 1 pt. ripe olives, stoned, and if mixture seems too dry add hot water to soften it to consistency of stiff batter, but not that of dough. Salt and pepper to taste and season with 1 tablespoon pulverized orégano. Do not put any sage in it. Stuff turkey very full with this dressing. Tie legs together and rub bird in salt, then put 2 strips of bacon

around body. Use covered basting pan for roasting. Roast not less than 4 hours.

MONTGOMERY SCHUYLER
American Minister to Salvador, Central America

Indian Curry

Shrimps or chicken, 1 large onion, 1 carrot, 1 tablespoon of butter, 1 tablespoon of curry powder, 2 tablespoons of flour, 1 cup of milk and 2 cups of stock. Chop the onion and carrot into small pieces and fry in butter until brown; add curry powder, then milk, stirring until smooth; add stock (if shrimps the water in which they have been boiled in; if chicken, its stock). After cooking slowly until mixture is smooth and consistency of rich cream, strain out pieces of onion and carrot, then add shrimps or chicken cut in small pieces. Pour over dry, flaky, cooked rice. The rice and curry are served in separate dishes. This amount will serve 6 people.

F. F. DUMONT
American Consul to Frankfort-on-the-Main, Germany

Chicken Mousse

One cup of minced chicken, 3 yolks of eggs, ¼ teaspoon celery salt, 1½ tablespoons gelatine, 1 cup of milk, 1 cup heavy cream, paprika. Make a custard mixture of the milk, egg yolks, and seasonings. In the meantime soak the gelatine 10 minutes in cold water to cover, and then stir it into the custard mixture; add the chicken, and stir over cold water until the mixture begins to set, then fold in the cream, which should be beaten stiff, turn into a ring-mold, chill, and when firm turn out on a bed of lettuce leaves. Fill the center in the shredded celery and a few broken walnut meats.

BRIG.-GENERAL C. S. BRADFORD, U. S. Marine Corps

Roast Turkey, Virginia Style

Stuffing: Crumb 1 loaf bread; take ¼ cup beef suet shredded fine, little sausage meat or scraped and pounded veal, nutmeg, salt and pepper. Mix with 3 eggs and stuff. Bake 1¼ hours in hot oven; baste frequently with hot lard.

Sauce: Serve with sauce made of crumbs of 1 loaf of

bread, in cold water with a little salt, 1 onion and a few peppercorns. Boil until bread is soft; beat and add ¼ lb. butter, 2 spoonfuls rich cream and serve piping hot with the turkey.

THEODORE ROOSEVELT, JR.
Assistant Secretary of the Navy

Maryland Chicken

Cut up 5 small spring chickens of 1¼ lbs. each into 5 pieces; season with salt and pepper, then roll pieces in a little flour lightly. Immerse in beaten egg and then roll in bread crumbs and fry in lard 8 minutes on each side, or until a golden brown. Pour a cream sauce in the center of dish; dress chicken in crown shape over the sauce; roll 6 slices of bacon and arrange nicely, also 6 corn fritters around chicken. Serve with hot cream sauce made of 1 tablespoon of flour, 1 oz. of butter, 1 cup hot milk, seasoning and ½ cup of cream.

BRIG.-GENERAL WM. WIEGEL, U. S. Army

Wild Duck

Stuff a wild duck with sage dressing. Cook slowly with 1 cup of rich stock, 1 tablespoon of butter, 2 slices of lemon, 1 bay leaf, 8 juniper berries and a pinch of salt in a closely covered dish. If desired duck may be fried a few minutes before placing in dish. Serve with its own gravy with giblets and minced onion mixed within it.

M. B. KIRK
American Consul to Rouen, France

Braised Duck

Prepare as for roasting. Line bottom of small, high roasting pan with slices of bacon and strew with thyme, lemon peel and parsley. Put in the duck, also 1 carrot cut in slices, 1 onion stuck with 4 cloves; salt and pepper to taste, enough stock and 1 glass of white wine substitute. Let simmer for about 1 hour, baste frequently. Just before the duck is cooked enough, fry 2 or 3 sliced turnips in butter to a light brown, 8 or 10 minutes; drain and add to the gravy after the duck

has been removed from the pan. Cook the gravy, adding stock, until the turnips are tender; strain, pour over the hot duck, and use turnips as garnish.

LT. J. McCLOY
Commander U. S. S. Cormorant

Boneless Chicken

Hang a chicken by its head. Cut down center of back; scrape meat from the bone on both sides, disjoint thighbones and pull through meat; do same with wings. Cook 1 slightly beaten egg in skillet and place inside of chicken. Fill chicken with dressing in all parts where bone has been removed.

REAR ADMIRAL C. GRAYSON
Medical Director, U. S. Naval Dispensary

Chicken Loaf

Boil 1 fowl in water until meat falls from bones. Take up chicken, chopped not too fine; add salt and pepper to the broth in which chicken has been boiled. Use ½ box Cox's gelatine or boil 1 knuckle of veal with chicken. Boil down to 1½ pts, season and taste, add meat to broth; line mold or bread pan with sliced boiled carrots and beets and sliced lemon cut in fancy shapes. When cold and congealed turn out on patter and sice. Veal may be used instead of chicken.

LT.-COLONEL E. R. W. McCABE
American Military Attaché, Prague, Czecho-Slovakia

Pigeon

Cut 2 ozs. of streaky bacon into dice, and fry with a little butter in a pan; when almost done, add 1 minced very small onion and fry likewise. Add the pigeon's liver, cleaned and sliced beforehand; season with salt and pepper and powdered savory, cook 5 minutes over quick fire. Put all in a mortar, pound till fine, rub through a fine wire sieve. With this force-meat (meat chopped fine and seasoned), fill the pigeon, truss and roast it, frequently basting with melted butter. When

nearly done, take out and let cool. Then brush with beaten egg and roll in crumbs, and fry in hot deep fat 10 minutes; drain, untruss and serve with or without gravy or sauce.

R. L. SPRAGUE
American Consul to Gibraltar

Chicken and Rice

Pick clean and singe 2 fowls, cut in moderate sized pieces. Put 1 tablespoon lard into stewpan and brown small piece of onion (chopped). When browned add ½ lb. tomatoes, having previously peeled them, taken out the pips and cut them into small pieces. When these begin to fry add the cut up chicken, adding pepper, salt and allspice to taste. Stir all briskly and leave all to simmer for ¼ of an hour, stirring occasionally. Then add sufficient hot water to cover all, and allow it to simmer over a slow fire (stirring from time to time) for about 1½ hours. When the chicken begins to get tender add ½ lb. of rice and let all remain on the fire about 20 minutes. Add a sprig of parsley, which should be taken out when the stew is served. If it seems too dry a little water may be added while it is simmering. Great care must be taken that the stew shall not stick to the bottom of the pot, and also that the chickens may be perfectly tender without falling to pieces.

LESTER MAYNARD
American Consul to Alexandria, Egypt

Roast Turkey Stuffed With Oysters

Select a plump turkey, draw and wash thoroughly. Prepare stuffing in the following manner: Put 1 pt. of good, fresh oysters in a pan and stew in their own liquor, drain off the liquor and cut the oysters into bits, add ½ cup of best butter, a sliced onion and spoonful of powdered thyme (seasoning for dressings and soups); let all simmer together; moisten 3 pints of dry or stale bread crumbs with the oyster liquor, add the oysters and onion, also 3 eggs, season with salt and pepper, and mix all thoroughly together; if the stuffing is too dry, add milk; if otherwise, bread crumbs; stuff the turkey, sew up the openings, rub butter over the outside, dredge with salt,

pepper and flour, put in a pan with 1 pt. of water, place in the oven. Allow 15 minutes to the pound for roasting or boiling a young turkey; more for an old one. Baste every 10 or 15 minutes.

BRIG.-GENERAL A. A. FRIES
Chief of Chemical Warfare Service, U. S. Army

Economy Fried Chicken

Take a fowl known to the poultry people as "old rooster," but is seldom as old as he looks, for the reason that people will not feed roosters for years. The price is just about half that of hens. Disjoint as for ordinary frying chicken, except to cut the breast in 2 pieces. After washing and while still wet, salt and pepper and roll in flour. Fry in small amount of bacon drippings until each piece is light brown, but take care not to scorch. Now put in tightly covered casserole with small amount of water and bake slowly 3 hours, when it will be found very tender and of a flavor almost equalling a spring frier.

DAVID J. D. MYERS
American Consul to Montevideo, Uruguay

Chicken Brunswick Stew

Disjoint a large chicken as for frying. In a large, shallow pot place a layer of salt pork diced; over the pork scatter a small onion chopped fine; over the onion a layer of diced potatoes; these should be covered with a layer of green corn cut from the cob. Then comes a layer of butter beans (or Lima), and last a layer of sliced tomatoes. Wipe the chicken dry, dip in flour, and arrange in pot on top of the tomatoes. Then begin with the diced pork again and repeat each layer. Pour 2 qts. of boiling water over all and cover pot closely. Merely simmer for 3 hours, then remove cover and season well with pepper, salt, a dessert spoon of sugar and a little Worcestershire sauce or tomato catsup. Cover the pot again and simmer for at least an hour longer. Just before serving rub 3 tablespoons butter into 2 of flour and add to the stew; cook gently a few minutes and serve hot.

CHAPTER VIII.

SALADS

If any would not work, neither should he eat.
—Old Proverb.

A TALK ON SALADS

By Lady Polly

(Editor's Note: L. P. is none other than Mrs. Lewis Clarke Lucas of Washington, D. C., author of the fine little book "All About Salads." The reprint here is with her kind permission.)

There are salads galore. Meat, fowl and fish salads; egg, cheese and vegetable salads; nut and fruit salads. Combined with lettuce, cress, endive, celery; with a dressing of salt, pepper, oil and acids, many varied dishes may be made which are pleasing to the eye and delicious to the taste.

The salad dressings mostly used are the French and the mayonnaise. The first is made by placing salt and pepper in a bowl and adding oil gradually until the salt is dissolved, then vinegar, stirring so that the oil may be thoroughly incorporated.

The mayonnaise is made by adding oil slowly, drop by drop, to the yolks of eggs until you have a mixture about the consistency of custard and with no sign of oil or vinegar. It is essential that the best Italian oil be used.

Condensed cream may be used in dressings requiring cream, although the fresh is to be preferred. The dressing

must not be mixed with the salad until immediately before serving, and both the salad bowl and the ingredients must be as cold as possible. The rule with few exceptions is, that all meat and fish salads should be served with mayonnaise, and all vegetables with French dressing.

Many salads are improved by marinating. The marinade should be mixed with the ingredients and set on the ice for awhile before serving. For instance, in making chicken salad, the chicken should be diced, mixed with the marinade and chilled. Celery, or any vegetable that should be crisp, must not be added until the salad is ready to be served, as the marinade would wither it. All fish and meat salads, without exception, should be marinated, and all vegetables that are not to be served crisp. Tomatoes are so much improved by this process that there is no comparison. When tomatoes are to be served whole they should stand in the marinade at least one hour.

Lettuce or endive, with French dressing, is an everyday, simple salad; those composed of meats mixed with green vegetables, such as lettuce with mayonnaise, are supper and luncheon salads and should never follow a heavy dinner. When served with roast, green salads are greatly improved by compounding mint or tarragon vinegar with the French dressing.

For those who are unable to use oil there are many dressings which may be prepared without it. My advice, however, to such persons would be that they cultivate a taste for the oil.

In many homes salad is always a part of the luncheon and dinner menu. Very little time is required in their preparation and they are inexpensive. All classes of French serve salads daily and they are presumed to be most economical in matters pertaining to the table.

On a hot summer day, instead of eating a heavy dinner, let the meal consist of a light soup, a vegetable or fish salad, and iced cocoa, and see how much better you feel. Go into a café on a hot day, observe the American who rushes in mopping his brow with his already saturated handkerchief, makes loud complaints of the heat, orders a heavy dinner, and bolts it while fanning himself vigorously.

Our grandmothers gave much thought to the medicinal properties of the "greens" served at heir tables. Parsley, mustard, cowslip, horse radish, dock, dandelion and beet tops clear the blood and regulate the system. Why not make use of the remedies that nature supplies so lavishly, and lessen our druggist bills?

Lettuce is a well-known nerve food, and should be seen on our tables more frequently. There is such a variety of ways in which to serve it that one is not likely to tire of it.

Always be especially careful in preparing greens for salads that they are thoroughly washed, and have no gritty substance clinging to the leaves. I have often known very attractive-looking salads to be spoiled completely by carelessness in this particular.

Cucumbers are very delicious and may be served raw in various ways. They are considered unhealthy by many, but unless they are old and withered they are very digestible. There is a prevalent superstition that cucumbers must be sliced and laid in salt water for hours before serving. They are simply ruined by this process. Keep them cool, on the ice if possible, and peel and slice them just before serving, when they will be crisp and delightful.

String beans supply iron. One of our most valuable vegetables, spinach, may be boiled and served cold with French dressing. It contains iron. Cabbage, cauliflower and spinach are all good for impoverished blood, and may be served as salads. Celery finds a place in many salads. It is a nerve food and overcomes rheumatic and neuralgic tendencies.

The tomato is not only a delicious vegetable, but a valuable one. Health authorities tell us that tomatoes stimulate the healthy action of the liver.

Carrots form blood, improve the complexion, and boiled in salted water and cut into dice blend very well with other vegetables in a salad. Carrots and beets may be grated and sprinkled over many salads to advantage, adding a touch of color.

Asparagus benefits the kidneys, and may also be served in various salads.

Fruit salads are very good on hot days. They are palatable and are very easily made from any fruits in season.

Nuts may be added to any salad. They are nourishing, tissue building, and by many are preferred to meat as a food.

Pretty effects are gained by hollowing out one vegetable and using another as stuffing.

"Left overs" come in very nicely for a hastily gotten up salad. A spoonful of cold peas, a chopped carrot, a few string beans and a bit of cauliflower may be mixed, a French dressing poured over it, and prove a very delightful, as well as economical, addition to the menu.

CHARLES S. WILSON
American Ambassador to Bulgaria

Hot Fruit Salad

Melt 2 tablespoons of butter, add 4 tablespoons of sugar, ¼ cup of water, and ¼ cup of lemon juice; add 2 cups mixed fruit, apples, bananas, figs and cherries. When hot serve with cream sweetened and beaten until stiff.

U. S. SENATOR H. W. KEYES, State of New Hampshire

Cream of Cucumber Salad

One cucumber cut in small pieces, ½ pt. of cream whipped, 2 teaspoons of gelatine dissolved in a little hot milk and water, ½ pimento cut in small pieces, ½ teaspoon of tarragon vinegar, salt and pepper to taste. Mix and let stand in mold 12 hours.

GOVERNOR T. F. KILBY, State of Alabama

Fruit Salad

One can of sliced pineapple, 1 stalk of celery, juice of 1 grape fruit, ½ cup of pecan nuts, 1 can of white cherries (seeded), juice of 1 lemon. Cut pineapple in squares with scissors; dissolve a little gelatine with juice of lemon and grape fruit and add nuts, celery, pinapple, and grapes. Pour this mixture into a mold and when congealed serve on lettuce leaves with mayonnaise dressing.

MAJ.-GENERAL H. L. ROGERS
Quartermaster-General, U. S. Army

Frozen Salad (A Warm Weather Salad)

One pound of white grapes (seeded), 1 can of pineapple (cut in cubes), 1 cake of Neufchatel cheese or Philadelphia cream cheese, 1 cup of mayonnaise dressing, 1 pt. of whipped cream. Stir all together and freeze. Serve on lettuce leaves with biscuits.

GEORGE E. CHAMBERLIN
American Consul to Glasgow, Scotland

Apricot Salad

One can apricots, 15 chopped marshmallows, ½ cup of chopped pecans, 4 egg yolks, 4 tablespoons vinegar, 1 tablespoon sugar, 1 teaspoon salt, 1 teaspoon dry mustard, 1 tea-

spoon butter, few grains of red peper, 1 cup of whipped cream, crisp lettuce leaves. Drain the apricots and lay them on the lettuce leaves. Put the egg yolks into a double boiler, add the vinegar, sugar, salt, mustard, red pepper and butter, and stir over the fire until they have cooked 5 minutes. Allow to cool and then add the whipped cream and beat all thoroughly together. Next add marshmallows and nuts. Place a spoonful of the dressing on each plate of salad.

REAR ADMIRAL G. R. CLARK, U. S. Navy

Cucumber Jelly Salad

One large cucumber, ½ finely chopped onion (medium sized), finely chopped green pepper, put through meat grinder and seasoned highly with 2 tablespoons of vinegar, red pepper, black pepper, salt and paprika. Soak 1 pkg. of Knox's gelatine in cold water, then pour on 1 cup of boiling water and stir in cucumber mixture. Serve on lettuce leaves with mayonnaise dressing.

GOVERNOR C. A. MABEY, State of Utah

Tomato Salad

One quart of tomatoes, 1 teaspoon each of sugar, salt, pepper and paprika, 5 cloves, 1 sliced small onion. Boil all for 15 minutes, then strain and add to juice 1 package of Knox's gelatine. Pour into molds and allow to stand 24 hours. Serve on lettuce leaf with Thousand Island dressing.

NEWTON BAKER

Former Secretary of War

Jellied Grape Fruit or Orange Salad

To 1 pt. of the juice of a grape or orange use 1¼ tablespoons of gelatine. Pour into small molds with cherry in the bottom. Serve with mayonnaise.

BRIG.-GENERAL J. H. McRAE, U. S. Army

Nut Gelatine Salad

Soak 1 envelope of Knox's gelatine in 2 tablespoons cold water, then pour on 1 cup of boiling water. Add to the gelatine 1 cup chopped walnut meats, 5 chopped hard-boiled eggs, 1 can pimentos, 3 sweet pickles, ½ cup small pickled onions (chopped fine), a little chutney (if liked), ¼ cup of vinegar,

salt, paprika and pepper to taste. Let stand until cold then stir in 1 cup of stiff, well-seasoned mayonnaise and set on ice to harden, and when cold, serve on lettuce leaves with mayonnaise.

MRS. L. C. LUCAS (Lady Polly)

Sweetbread Salad

Let 1 pair of sweetbreads stand in cold water for ½ hour. Take them out, cover with boiling water and boil for half an hour. Take out the sweetbreads and in their place put 1 lb. blanched almonds, 1 slice of red onion, 2 bay leaves and 1 slice of lemon. Boil for 20 minutes. When cold chop the sweetbreads and almonds fine, mix, put on a bed of cress or lettuce and pour over mayonnaise.

U. S. SENATOR J. E. RANSDELL, State of Louisiana

Utopian Salad

Take ½ doz. oranges, cut in small pieces and free from all seeds and stringy parts, 1 pineapple shredded, ½ lb. of minced walnut meats and 1 bottle of cherries. Serve with a dressing made of 4 beaten eggs, 4 tablespoons of sugar and 2 tablespoons of water. Remove from the stove and stir in butter the size of an egg. When cold and ready to serve add 1 pt. of whipped cream.

H. B. QUARTON

American Consul to Viborg, Finland

Dixie Salad

Prepare a head of lettuce in the shape of a basket and fill with kernels of corn mixed with light Russian dressing. Garnish with strips of red and green peppers.

HORACE REMILLARD

American Consul to Huelva, Spain

Duchess Salad

Cut up celery and apples into fine slices, add broken English walnut meats and soak in French dressing just before the meal. Before serving add a mayonnaise decorated with grated truffles.

COL. J. B. ALLISON, U. S. Army

Tango Salad

Three ripe, juicy pears; cream or Roquefort cheese, lettuce, ½ cup mayonnaise, ¼ cup olive oil, 1 teaspoonful vinegar, ¼ teaspoon salt, ¼ teaspoon mustard, ½ teaspoon paprika, ¼ cup chili sauce, pimentos, lemon. Pare, halve and core the pears; squeeze lemon juice over them to keep them from discoloring. Place a ball of cream cheese or a few cubes of Roquefort cheese in the cavity of each half pear. Set these on heart leaves of lettuce and pour the dressing over them.

For Dressing: Mix together the olive oil, vinegar, salt, mustard, paprika and chili sauce; beat and blend well, then gradually beat this mixture into the mayonnaise. Garnish the salad and dressing generously with juilienne strips of pimentos, rinse them in cold water and dry on cloth, then cut with scissors into strips. Large pears canned in halves may be used in this salad. Remove from can and drain well.

CAPT. W. M. CROSE

Commandant U. S. Naval District, Cavite, Philippine Islands

Cheese Salad

One tablespoon gelatine, ⅓ cup cold water, 1 cup boiling water, ½ teaspon salt, ½ lb. cheese (grated), ½ can pimentos (cut in bits), 1 cup cream, whipped. Combine first 4 ingredients, set aside to solidify. When mixture has set, beat until fluffy with beater. Fold in grated cheese, pimentos and whipped cream. Let stand until set. To serve, heap lightly on head lettuce. Place half a peach at side and a spoonful of boiled dressing on top.

DAVID B. McGOWAN

American Consul to Vladivostok, Siberia

Salmagundi Salad

One cup diced tomatoes, 1 cup chopped celery, 1 cup shredded new cabbage, 1 small cucumber diced, 3 hard-boiled eggs, 4 small pickles, ½ minced onion, dressing, lettuce, 1 minced pimento. Combine the vegetables, chili, and mix with dressing. Arrange on a lettuce bed and garnish with the dress-

ing and the hard-cooked eggs, cut in strips lengthwise, and the pickles, which should be sliced in thin rounds. The "sweet-sour" dressing, which is much enjoyed with this salad, calls for a cup of vinegar, ¾ cup sugar, ½ cup butter, 1 tablespoon flour, ½ teaspoon mustard, 1 teaspoon salt, and 4 egg-yolks. These should be cooked like a custard, cooled and a cup of whipped sweet or slightly sour cream should be added just before serving.

COL. H. C. SMITHER
Chief Co-ordinator, General Supply, U. S. Army

Cascade Salad

Prepare a head of lettuce in the shape of a basket, fill with alligator pears scooped out in the form of little balls. Garnish on the top with a nice slice of goose liver paté and with truffles. Pour over it French dressing with paprika.

ALBERT HALSTEAD
American Consul-General to Montreal, Canada

Raisin, Chestnut and Apple Salad

One cup of selected raisins, 2 cups of cold boiled chestnuts, 2 cups of apple, ½ cup of French dressing, ½ cup of Malaga grapes, shredded lettuce. Cover the raisins with half of the French dressing. Let stand for 1 hour. Mix the chestnuts, peeled, and the apples with the rest of the French dressing. Mix well, and place on lettuce. Garnish with grapes cut in halves and the seeds removed. Dust with paprika.

CONGRESSMAN F. W. MONDELL, State of Wyoming

Red Cherry Salad

One can red cherries or 1 pt. stewed, fresh cherries and juice, 1¼ tablespoons granulated gelatine, 1 cup orange juice, 1 cup sugar, shelled pecans, lettuce, 1 tablespoon lemon juice, whipped cream mayonnaise. Strain the juice from the cherries (there should be one cup), add the sugar, and let come to a boil. In the meantime soak the gelatine in the orange and lemon juice and pit the cherries, replacing the stones with

pecan-meats. Add gelatine to sirup, put the stuffed cherries into individual molds, pour syrup over while hot, and when stiff serve on lettuce with mayonnaise dressing diluted with whipped cream.

U. S. SENATOR W. E. EDGE, State of New Jersey

Oeufs Gourmet

Six hard-boiled eggs, ½ cup grated American cheese, 5 tablespoons tomato catsup, few grains pepper, few grains mace, few grains paprika, olive oil, lettuce and stuffed olives, ¼ teaspoon salt. Split the eggs in halves lengthwice. Remove the yolks, mash them, and combine with the cheese, seasonings, and catsup, adding olive oil to moisten as necessary. Roll into oval balls, lay them in the whites of the eggs, and garnish each with half a stuffed olive. Serve in nests of lettuce with cheese straws. The cheese mixture alone or with the egg-yolks makes delicious sandwiches, or the whole may be served with mayonnaise as a salad.

COL. PETER MURRAY
U. S. Army, Governor's Island, N. Y.

Rice or Novelty Salad

Four cups of rice, ½ cup of chopped carrots or beets, 2 cups of watercress or shredded lettuce, 6 olives, ½ cup of French dressing, 1 cupful of mayonnaise, 2 tablespoonfuls of onions. Pile rice in the center of the dish lined with lettuce; place vegetables around, then a circle of rice, with watercress or lettuce around edge. Pour on French dressing with grated onion; garnish. Serve with mayonnaise.

BRIG. GENERAL F. J. KERNAN
U. S. Army

Shamrock Salad

Fill sweet green peppers with a well-blended mixture of half a cupful of minced nuts, a ten-cent cream cheese, and a tablespoon of butter. Cut with a sharp knife thin crosswise

slices, resulting in a green clover-shaped rim with a cheese center. Lay these on a lettuce bed, and dress with mayonnaise to which pounded parsley has been added to give a green color.

REAR ADMIRAL H. P. HUSE, U. S. Navy

Individual Sardine and Tomato Salad

Three sardines, 1 medium sized tomato, 2 olives, ½ teaspoons chopped onion, 2 teaspoons chopped celery or cabbage, 1 teaspoon chopped green pepper or pimento, ¼ teaspoon sugar, 2 teaspoons thick mayonnaise, shredded lettuce, 1 sprig parsley, additional mayonnaise. Peel the tomato, cut off the top, scoop out the inside, and mix with one of the olives, chopped, the onion, celery, pepper, sugar, and mayonnaise. Return to tomato, and set it in a nest of shredded lettuce. Place a spoonful of mayonnaise on the top, and sprinkle with the parsley, minced. Surmount with the other olive, and lean three sardines against the tomato to give a tent-like appearance.

F. M. RYDER

American Consul-General to Vancouver, Canada

Stuffed Peppers for a Salad Course or Garnish

Take the tiny sweet peppers, red or green, and with a small sharp knife scrape out all the seeds and soft fiber, leaving only the shells. Now chop as many butternuts, black walnuts or English walnuts as are desired, salt lightly and fill the pepper cases, which should have been all slit on one side so as not to destroy the pretty stem end of the pepper. The salt, the pepper and the nut make a delicious combination, sure to please. These pepper garnishes should be prepared several hours before using.

BRIG.-GENERAL J. H. PENDLETON

Commanding General, U. S. Marine Corps, 2nd Base Force, San Diego, Calif.

Forced Cucumbers

Cut off one end of a large perfectly ripe cucumber and take out the seeds with a vegetable scoop; fill the cavity with a croquette mixture of chicken or veal; replace the end and fasten with three toothpicks. Put in a steamer and cook. Cook till tender; the water must not touch the cucumber. This may be served hot as an entrée with a Hollandaise sauce, or cold sliced, as a salad, with mayonnaise dressing, on a lettuce leaf.

CHAPTER IX.

SALAD DRESSING

Fools make feasts and wise men eat them.—Benj. Franklin.

U. S. SENATOR C. E. TOWNSEND,
State of Michigan
Chairman, Committee on Post Offices
and Post Roads

Mayonnaise for Blue Monday Salad

Cut up some lively capers, add to these a sauce made of the milk of human kindness and thickened with peace oil and spiced to taste. when using this mayonnaise always serve some peals of fresh laughter with the salad. If you find it impossible to obtain the fresh peals use some you have sundried for emergencies.

GOVERNOR A. M. HYDE, State or Missouri

Thousand Island Dressing

Eight ground hard-boiled eggs, 1 box sliced pimentos, 1 cup Ferndell chile sauce, 1 bottle sliced small pickled onions, juice of 1 lemon, 1 cup of olive oil, paprika, salt, and cayenne pepper to taste. Beat yolks of 2 eggs, add olive oil, drop by drop, until thickened; add lemon juice; continue beating and add rest of olive oil. Add above ingredients.

COL. F. J. MORROW, U. S. Army

Roquefort Cheese Dressing

One tablespoon of Roquefort cheese creamed with a fork;

add paprika, salt, mustard, pepper, 1 teaspoon sugar, 3 tablespoons olive oil to 6 tablespoons of vinegar.

CONGRESSMAN D. B. COLTON, State of Utah

Salad Dressing for Lettuce or Tomatoes

One cup of whipping cream, 4 tablespoons sugar, ½ lemon, a little butter coloring. Mix sugar and cream and lemon juices and coloring.

BRIG.-GENERAL E. M. LEWIS
U. S. Army, Camp Travis, Texas

Three-Minute Mayonnaise

One teaspoon mustard, 1 teaspoon salt, dash of pepper, 1 tablespoon lemon juice, 1 whole egg, 1 yolk of egg, 1½ cups olive oil. Put the mustard, salt and pepper and lemon juice in a bowl, then add the egg and egg yolk, being careful not to break the yolk. Pour in ¼ of the oil and beat with Dover egg beater until stiff, then add the rest of the oil, ¼ cup at a time.

COL. J. B. ALLISON, U. S. Army

Fruit Salad Dressing

One tablespoon butter, 2 tablespoons sugar, 2 tablespoons vinegar and 2 well beaten eggs. Beat all thoroughly together and put in double boiler until it thickens, stirring constantly. When cool add pint of very stiff whipped cream. This is the most delicious salad dressing for fruit that can be made.

LT. J. McCLOY
Commander U. S. S. Cormorant

Potato Salad Dressing

Yolk of 1 egg, pinch of salt, mustard and pepper. Mix salad oil until it thickens, adding 1 tablespoon vinegar. Garnish with hard-boiled eggs, parsley, celery and grated onion.

PRESIDING JUDGE MARION DE VRIES

U. S. Court of Appeals, Washington

"This recipe was one mother used. It is probably a familiar one to Southerners of years ago. It is one of the prized ones of her collection." Marion De Vries.

Dressing for Cold Slaw (Cabbage Salad)

One cup of cream, ¼ cup of butter, 2 tablespoons of mixed mustard, 2 tablespoons of sugar, 1 teaspoon of salt, yolks of 4 hard-boiled eggs, dash of pepper, ½ cup of vinegar. Have cream and butter almost to boiling, mash yolks of eggs fine, add sugar, salt, pepper and mustard, blend thoroughly, then pour over this heated cream and butter. Have cabbage finely chopped; over this pour ½ cup hot vinegar. When it cools stir cream dressing in thoroughly. Garnish top with white of eggs. This is much better if made the day before.

H. DIEDERICH

American Consul to Sarnia, Ont., Canada

Mayonnaise Dressing

One tablespoon of flour, 1 tablespoon sugar, ½ teaspoon salt, 1½ teaspoons to 1 tablespoon dry mustard. Mix these dry ingredients together. One or 2 eggs well beaten and add to the dry ingredients. One cup of vinegar (if too strong add half cup each of vinegar and water). Let this come to a boil and put the above mixed ingredients into this vinegar, boil until thickened, remove from fire and add fairly large piece of butter, and beat well for 5 minutes. When you wish to use this add milk for thinning or cream, or sour cream. Season with "Lea and Perrins" sauce. For Thousand Island dressing add 2 tablespoons mayonnaise, 1 tablespoon drained chile sauce, chopped sweet pickles, olives and green peppers.

COL. I. N. LEWIS, U. S. Army

Russian Salad Dressing

Note: This recipe prepared for Mrs. Lewis by the chef at the Waldorf, New York City.

Two tablespoons of mayonnaise, 2 tablespoons confectioner's sugar, 2 tablespoons tarragon vinegar, 2 tablespoons of horseradish, 6 tablespoons of whipped cream and 6 tablespoons of chile sauce. Season with salt, paprika, onion juice and pepper.

FAMOUS SAYINGS OF FAMOUS AMERICANS

Shallow men believe in luck, believe in circumstances. Strong men believe in cause and effect.—Ralph Waldo Emerson.

Show me a man who makes no mistakes and I will show you a man who doesn't do things.—Theodore Roosevelt.

Teach economy—that is one of the first and highest virtues.
—Abraham Lincoln.

Christ furnished us the highest example of giving, but even the humblest of us may take inspiration from His life and make our own lives fruitful and full of satisfaction by rendering helpful service.—W. J. Bryan.

When you get into a tight place, and everything goes against you, till it seems as if you couldn't hold on a minute longer, never give up then, for that's just the place and time that the tide'll turn.—Harriet B. Stowe.

I want it to be said of me by those who know me best that I have always plucked a thistle and planted a flower in its place wherever a flower would grow.—Abraham Lincoln.

Is life so dear or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty, or give me death.—Patrick Henry.

With malice towards none, with charity for all, with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in.—Lincoln.

Let reverence for our land be breathed by every American mother to the lisping babe that prattles on her lap.—Lincoln.

God reigns, and the government at Washington still lives.
—James A. Garfield.

CHAPTER X.

VEGETABLES

Winter has found out what summer has laid up.
—Old Proverb.

VILLA SERENA
Miami, Florida
June 17, 1921.

My dear Mrs. Brebner:

Your favor at hand. I was strongly tempted to give you as my recipe directions for eating radishes, of which I am very fond. I eat them with salt and butter and prefer the White Icicle variety above all others. But lest this might not be regarded as a full compliance to your request, I beg to add the recipe for another of my favoriate dishes, viz: French Fried Onions.

I first ate these at the famous Grove Park Inn, Asheville, N. C., and since that time have passed the recipe on to a number of friends as well as to dining car stewards. If you will take the large onion and cut it cross-wise, so that each slice will be made up of a number of rings, and then drop the rings separately into a thin flour batter and fry them as you would sliced potatoes, you will find them very palatable.

I hope you may deem the humble onion worthy of a place in the book you are preparing.

Very truly yours,
W. J. BRYAN,

A. W. WEDDELL
American Consul-General to Calcutta, India

Stuffed Cauliflower

Use a medium sized cauliflower, a teaspoon of capers, 1 oz. of bread crumbs, 2 medium sized fresh mushrooms, grated cheese, 1 gill of white sauce, pepper and salt. Boil the cauliflower in salted water still nearly cooked; then drain carefully. Place in a baking-dish, in which it may be served. Remove thick stalk, and fill hole made with a mixture of the bread crumbs, chopped capers, and mushrooms, cheese, salt and pepper well blended. Press into as compact a shape as possible. Have white sauce ready, pour over, and then scatter grated cheese on top. Place in oven for 15 or 20 minutes.

H. SHARP
American Consul to Edinburgh, Scotland

Sweet Potato Fritters

To 2 cups of cooked sweet potatoes rubbed through a colander allow 3 eggs beaten light, 2 tablespoons of cream, 1 of melted butter and 2 of flour. Beat the eggs into the potatoes, then add butter, cream and flour. Drop by the spoonful into boiling fat and fry to a golden brown. Drain on paper and serve with lemon sauce.

J. B. STEWART
American Consul to Chihuahua, Mexico

Frizoles

Soak desired amount of beans over night and in the morning start to cooking. Chop 1 onion very fine with bacon and let simmer with beans, which should be soft and mealy. A bit of garlic adds flavor to this and is liked by many.

REAR ADMIRAL BENSON, U. S. Navy

Baked Tomatoes

Fill a baking dish with ripe tomatoes cut in small pieces (skin removed), canned ones will do, but keep all the juice; into it put about 2 slices of bread, add 1 level tablespoon of

salt, 1 tablespoon good shortening, ½ cup of sugar and dash of pepper. Cook a long time (about 2 hours slowly, being careful not to scorch, as it will spoil them). Serve in dish in which it was baked.

JOHN PHILIP SOUSA
Sands Point
Port Washington, Long Island
October 31, 1921.

My dear Mrs. Brebner:

Owing to my slow convalescence from a serious horseback accident, I am only able now to send you my favorite recipe. It is as follows:

Pelotas á la Portugaise

One quart can of tomatoes. Put in kettle on top of stove. Simmer or let boil slowly for 1½ hours. Add pepper, salt, 2 onions cut in fine slices, 4 allspice and 4 cloves. The cloves and allspice to be added after it starts to boil. After 1½ hours add: To 2 lbs. chopped beef add 1 onion chopped fine, 2 cups bread crumbs, a little parsley, salt and pepper. Make into meat balls about the size of a plum. Put into sauce and boil 1½ hours slowly. This makes fully 3 hours slow boiling for the sauce. Use a package or a pound of spaghetti, not macaroni. Have a large pot of boiling water with about 1 tablespoon of salt. Slide the spaghetti into the water. Do not break it. Boil exactly 20 minutes. Must be tender, not tough, nor doughy. To sauce add 3 bay leaves 1 hour before taking off the stove. Serve spaghetti on large platter, pouring tomato sauce over it. Serve pelotas on smaller platter, allowing a small quantity of sauce to remain on them. Serve grated Parmesan cheese on side. Use the piece of cheese to grate, not bottled cheese. This serves from 6 to 8 persons.

Wishing you every success in your enterprise,
Very sincerely yours,

John Philip Sousa.

E. L. HARRIS
American Consul-General to Singapore, S. S.

Sugared Sweet Potatoes

Cut cold boiled sweet potatoes into ¼-inch slices until

you have 1 pt. Put 2 tablespoons of butter in a frying pan or baking dish, and when hot lay the potatoes in, sprinkle the top with 2 tablespoons of sugar, pour lightly over 2 tablespoons of vinegar and cook until hot and brown. Sweet potatoes are always richer with twice cooking.

THOMAS A. EDISON

Cold Slaw (Sour Cream)

Chop head of cabbage for cold slaw. One bottle of sour cream (sweet with more vinegar will answer), ½ cup of vinegar, 1 teaspoon of salt, salt spoon of black pepper, about 4 tablespoons of sugar (more if wished sweeter). Beat all together until like whipped cream. Mix well with slaw and put where cold.

COL. I. C. WELBOURN

Director U. S. Tank Corps, Washington, D. C.

Green Corn Pudding

One quart of milk, 12 ears of corn (grated), 5 eggs, 5 tablespoons melted butter, 1 tablespoon sugar. Grate corn from cob and beat it with eggs; add butter, salt, milk and sugar. Put in a covered baking dish (buttered) and bake slowly for 1 hour. Just before serving remove cover and brown. This recipe can be halved, using 3 eggs.

WM. H. HUNT

American Consul to St. Etienne, France

"I know that there is a great deal of misery and suffering among the dependent families of our wounded and unemployed ex-service boys, and you deserve the highest credit for this unique idea of coming to their rescue, as a cook book is something that every household that respects itself should not be without." W. H. H.

Sweet Potato Pone

Peel and grate 2 moderate sized raw sweet potatoes. Pour over them water. Add 4 large spoonfuls of 1¾ cups of cold brown sugar and 1 of butter. Season with ginger to taste,

rub the ingredients well together and bake in a shallow buttered plate in a moderate oven about 3 hours.

BRIG.-GENERAL WM. LASSITER

Assistant Chief-of-Staff, U. S. Army

"I have tried this recipe in various parts of the world and found it a good one." W. L.

Baked Egg Plant

Pare a large * eggplant and cut in small pieces, soak in cold water 1 hour, cook in a small quantity of boiling water for 20 minutes or until soft, mash, and season to taste with butter, salt and pepper. Turn into a buttered baking crock, cover with bread crumbs, moistened with butter and bake until brown.

* Small eggplants frequently have a bitter flavor.

SGT. A. W. BOGGS

Note: Sgt. Boggs is the oldest living member of the American Legion, being 80 years old. He was present in Ford's Theater, Washington, when President Lincoln was assissinated. He is also a member of the G. A. R. and served in the Spanish-American War.

Stuffed Tomatoes

Select firm, solid tomatoes of similar size, cut a round place in the top of each and scrape out the soft part. Mix with stale bread crumbs, a little parsley, and, if you like, a suspicion of onion and chop very fine. Season with salt, pepper and butter, fill the tomatoes with the mixture, scatter bits of butter over them and bake in a moderate oven, basting occasionally with butter. Variation in seasoning may be made by using buttered bread crumbs with fine chopped ham seasoned with cayenne pepper and a dusting of Parmesan cheese, or minced meat, buttered bread crumbs, fine herbs to season, and a beaten egg. Another stuffing liked by many is made with rice.

DEPARTMENT OF STATE
Washington
February 11, 1922.

Dear Mrs. Brebner:

Both my wife and I are only too glad to aid our ex-service men in any way we can. Neither of us, however, is very much of a cook, and I am afraid our recipes would not go very much further than the following: First take a potato, bake it, eat it. So I expect you will have to assign some delectable recipe to us and let us get by somewhat in the fashion of a camouflaged ship.

With best wishes for the success of your book, which will earn, I hope, a great deal of money for the unemployed ex-service boys, I am,

Yours very sincerely,
FRED M. DEERING,
The Assistant Secretary of State.

MR. DEERING

Nut Stuffed Potatoes

Six large potatoes, ¾ cup ground nuts, 2 tablespoons thick cream, 2 tablespoons butter, salt and white pepper. Wash and bake potatoes. When done cut across evenly ¾-inch from the end. Remove the insides, being careful not to break the skins. Mash the potato, add nuts, cream, butter, and seasoning to taste. Beat with a fork until light, refill potato shells and set in oven until hot.

BRIG.-GENERAL J. H. PENDLETON

Commanding General, Second Base Force, U. S. Marine Corps, San Diego, Calif.

Hollandaise Sauce

Scant tablespoon of butter, heaping tablespoon of flour, stir till smooth, adding slowly a cup of water; when smooth and thick, pour over the well beaten yolk of an egg, season with salt and tobasco sauce, and cook in a double boiler till the egg is cooked. Beat well with an egg beater before serving; if used as a sauce for fish, add a few drops of lemon juice; if with a vegetable, a few drops of onion juice is better.

AMERICAN CONSUL-GENERAL GEORGE H. MURPHY
Dean of the American Consular Service

Note: This recipe is dedicated to George H. Murphy by Mrs. Margherita Dye, wife of the American Consul at Ciudad Juarez, Mexico.

Baked Eggplant, Murphy Style

Four eggplants, 3 large onions, 6 large tomatoes, ½ cup of oil, salt and pepper, and 2 cloves of garlic. Wash and cut slits about 2 inches long, lengthways of the vegetable, about an inch apart. Into these slits stuff slices of onion and tomato. Season and put in a baking pan, keeping eggplants close together; place remaining tomatoes and onions on top of eggplants, pour oil over and cook in moderate oven. Cover pan after first half hour of cooking. If the flavor of garlic is liked, split 2 cloves and put in pan while cooking. Remove garlic before serving.

BRIG.-GENERAL E. K. COLE, U. S. M. C.
U. S. Marine Barracks, Paris Island, S. C.

Mexican Beans With Cheese

One quart of Mexican beans, 1 can tomatoes, 1 lb. of fat bacon or dried ham, 3 large onions, 3 bell peppers, 2 cloves of garlic minced fine, red chile peppers, salt, red pepper and black pepper (usually made very hot). Put all ingredients into iron pot together and fill up with water, bringing to a boil, and then set on back of stove to simmer slowly and steadily until the beans are tender and most of the liquor absorbed; just before serving add 1 or 1½ cups of grated cheese. This preparation may be warmed over nicely. In case Mexican beans cannot be gotten, the dish may be made with any dried bean, which should be soaked over night. Red beans are preferable.

W. A. BICKERS
American Consul to Puerto Plata, Dominican Republic

Cocoanut Sweet Potatoes

Boil 4 medium sized sweet potatoes until tender, cream with them ½ cup of cream, lump of butter size of egg, 1 tablespoon

of sugar, ½ pt. of grated cocoanut. Serve very hot. This is a rare and delicious dish.

LT. PAUL E. KURRY
Camp Greenleaf, Georgia

Corn and Nut Loaf

Mix 2 cups of grated corn with ½ a cup of bread crumbs, 1 cup of chopped English walnut meats, 1 cup of milk, 2 well-beaten eggs, and salt and pepper to taste. Pour into a buttered mold and steam until done.

U. S. SENATOR THOMAS STERLING, State of South Dakota

Tomato Sauce for Meat or Fish

Cook 1 level tablespoon minced onion in 1 tablespoon butter until a light brown, add 1 tablespoon each of minced celery and parsley, add 1 rounded tablespoon of flour, well blended with ¼ cup of water, add ¼ teaspoon salt and gradually 1½ cups hot strained tomato. Stir and cook until smooth.

R. P. SKINNER
American Consul-General, London, England

Béchemel Sauce

Melt a piece of butter the size of a walnut into which stir a soup spoon of flour, then slowly add ¼ pt. of milk and soak 10 minutes, stirring constantly.

CAPT. R. EARLE, U. S. Navy

Curry Sauce

One tablespoon of butter browned in a frying pan, 2 tablespoons flour, 2 tablespoons curry powder, 1½ pts. of good beef stock, 1 cup of tomato juice, few grains cayenne, 1 tablespoon Worcestershire sauce, 1 tablespoon of tomato catsup cooked to a smooth sauce is good for any curry. If a tablespoon of raspberry shrub or walnut catsup is used it is greatly improved.

AMERICAN CONSULAR SERVICE
Hull, England
JOHN H. GROUT
American Consul to Hull, England
April 11, 1922.

Baked Beans

I received your letter of March 28th this morning and am somewhat surprised that out of all the recipes that you have received none speaking of baked beans. How strange! Well, there are lots of things I do not know, but I do at least know "beans." I was born in Beverley, Mass., and people from there are called "Bevereley Beaners," because it is supposed that that was where baked beans were discovered. Much is heard of "Boston beans," but that is due to the fact that beans were first canned in Boston. They had to go to Beverley to learn how to bake them, however, before doing so. My old grandmother, who taught me how to bake beans, used to execute the process in the following way: Select a quart of white pea beans. Sort them well over and clear them of all foreign substance. Then, supposing it is Friday night, place them in a basin of hot water, the water barely covering. Leave them there until the next morning. Then take an earthenware pot, preferably one of those enameled inside, but the then parboiled beans in the above pot, place a half pound piece of salt pork over. Through the top of the pork cut diagonal lines, just cutting through the rind. Next pour in water until it barely covers the pork, then place in a slow oven at say 8 o'clock in the morning and allow to remain there until about 5 in the afternoon. Stand guard over the door of the oven and shoot anybody who attempts to open the oven door for the purpose of pouring in water or other objects. When the beans are removed they will be found to be just what our old grandmothers used to bake and take pride in, and they knew better before or since what beans were, including your humble servant.

Cordially yours,
JOHN H. GROUT.

WM. HOWARD TAFT
Ex-President of the United States of America

Truffle Sauce

Rub together 1 tablespoon of butter and 2 tablespoons of flour. Put 2 cups of brown stock on the stove, season, and when it is boiling, put in the flour and butter. Chop up the truffles very fine and put them in the sauce.

REAR ADMIRAL C. S. WILLIAMS, U. S. Navy

Horse Radish Sauce

Melt 4 tablespoons of flour and butter together, blending thoroughly, then gradually add 2 cups of milk; bring to boiling point and add ½ teaspoon salt, dash of pepper and ¼ cup grated horse radish. Stir constantly. Excellent with roast beef.

MAJ. BENJAMIN CROUCH

Sauce Tartare

To 1 cup of mayonnaise dressing add 1 tablespoon each of finely chopped parsley, olives, pickles and chives. Excellent for fried oysters.

CAPT. R. EARLE, U. S. Navy

Mushroom Sauce

Brown 1 tablespoon of butter and add 2 tablespoons of flour, stir well and brown; add water or beef stock, 1 cup of mushrooms and season with salt and pepper to taste.

GOVERNOR H. J. ALLEN, State of Kansas

Salmon Sauce

Liquor off of salmon, 1 tablespoon flour, 2 tablespoons tomato catsup, 1 egg and a tablespoon of butter. Cream all together. Let 1 cup of milk come to a boil and then partly cool. Add to the above sauce. Let boil again and pour over salmon loaf when ready to serve.

CHAPTER XI.

MISCELLANEOUS

A good dinner is better than a fine coat.—An Ancient Adage.

W. M. COLLIER

American Ambassador to Chile, South America

Spanish Rice

Melt 2 tablespoons of butter in a saucepan, add 2 cups of cooked rice, 4 tablespoons of grated cheese, 5 tablespoons of tomato pulp, pinch of mustard, 1 teaspoon of chutney, salt to taste and a few grains of cayenne pepper; mix and beat thoroughly. Put in a baking dish, sprinkle with browned bread crumbs and serve very hot.

REAR ADMIRAL A. GLEAVES

Commandant, First Naval District, U. S. Navy Yard, Boston, Mass.

Curry

Chop 1 onion fine and fry dark brown in butter, then drain from butter and place in a sauce pan. In same butter, more added if necessary, fry ½ lb. rich lean beef, lamb, veal, chicken or chicken livers, then drain from butter and add to onion. In the same butter fry 1 heaping tablespoon of "Gross and Blackwell's" curry powder, till a dark brown (almost black), but do not scorch. Add all together and cover with fresh milk and let stew until the gravy is very thick (from ½ to ¾ of an hour). Oysters, clams, lobsters, fish or crabs, also hard-boiled eggs, may be used instead of the meat, but should not be fried.

A. A. WINSLOW

American Consul-General, Cape Town, South Africa

Salted Almonds

Blanch almonds by pouring boiling hot water over them;

then remove the brown skins; over each cup of nuts pour 1 tablespoon of butter or almond oil and 1 even teaspoon of salt. Spread in tin pan and brown in moderate oven; stir often, watching closely.

COL. M. B. STEWART, U. S. Army

Asparagus Pudding

One tin of asparagus tips, 1 pt. of milk, 3 eggs, 2 tablespoons of flour, ½ teaspoon of salt, and a dash of pepper, and 1 tablespoon of sugar. Cut long asparagus in two, using only tender tips; wash it, and add beaten yolks of eggs, flour, sugar, salt and pepper. Fold in whites of eggs last. Do not stir.

LT. COMMANDER LEE P. WARREN
Aide to the Assistant Secretary, U. S. Navy

Mushrooms Under Glass

Place some mushrooms on fresh toast and season with salt and pepper. Put a piece of butter on each. Pour on each dish a tablespoon of milk or cream, add 1 clove. Place glass bell (which come for this purpose), or metal basin, over the whole. Bake 20 minutes and serve with the cover on, removing only at last minute. Add milk while baking, if it dries up much. These should be arranged in dishes like small soup plates. They are served in the same dish in which they are baked.

U. S. SENATOR THOMAS STERLING, State of South Dakota
Chairman, Committee on Civil Service

Souffled Eggs

Beat white of 1 egg until stiff, season with salt, and put into a cup, in a pan of warm water, beat gradually until a boiling point is reached. As egg rises make a depression in it and drop in yolk and cook only a very little longer.

REAR ADMIRAL R. H. JACKSON
General Board, U. S. Navy

Creamed Peanuts and Rice

One cup uncooked rice, 1 cup shelled peanuts, 1 teaspoon

of salt, ¼ teaspoon of paprika, 1½ tablespoons of flour, 1½ tablespoons of fat, and 1½ cups of milk. Boil the rice; make a white sauce of flour, fat and milk. Mix boiled rice, chopped peanuts (first put through meat grinder) and seasoning together, and bake in a buttered baking dish 20 minutes.

D. LINARD

American Consul to St. Michael's, Azore Island

Sopa Forte (A Native Azorean Dish)

Make a soup of 2 lbs. of beef; add 1 lb. ham, cabbage, turnips, carrots, peas, and season well with salt; also add a green pepper. When cooked, remove the vegetables and ham. Line a deep roasting pan with slices of bread, cover with a layer of the well chopped vegetables, then add a layer of ham finely chopped, and over that sprinkle a layer of grated cheese. Continue these alternate layers till the dish is full, taking care that the last layer is of bread, and cover with grated cheese. Then ladle most of the soup—or stock—over these layers and place in a hot oven for 10 minutes. To serve, ladle into soup plates and pour over some of the remaining broth with each helping.

WM. H. ROBERTSON

American Consul-General to Buenos Aires, Argentina

Hot Sandwiches

Cut 12 slices of bread ½ inch thick; butter and spread ham between; dip in milk and fry in hot olive oil until crisp and brown. Serve immediately.

N. WINSHIP

American Consul to Bombay, India

Curry Powder

Eleven ounces of coriander roasted on an iron plate, husked, pounded fine, and sifted; 2 teaspoons of mustard seed, 1 teaspoon of jeera or cummin seed, 1 teaspoon of pepper, 15 dry chillies, 2 teaspoons of kuskus, each of these to be slightly roasted and pounded separately; 4 inches of turmeric to be roasted and pounded; pound also 4 cloves, 4 inches of cinnamon and the seeds of 4 cardamoms. All to be mixed together and kept dry in well corked bottles. This powder

can be used for any curry; a pound of meat will require 2 teaspoons.

U. S. SENATOR A. A. JONES, State of New Mexico
Chili Con Huevos

Mix 2 tablespoons of ground red chili and 1 teaspoon of flour in a little water until smooth, fry for a few seconds in a tablespoon of hot lard; add to this plenty of salt and enough boiling water to make a thick gravy. Beat yolks and whites of 4 eggs separately, mix lightly together with ½ teaspoon of salt; drop this mixture by tablespoonsful into hot lard and fry like doughnuts. Lay these airy cakes in a deep dish, pour the chili sauce over them at the moment of serving. Like any omelet, they must be eaten while light.

STILLMAN W. EELLS
American Consul, Funchal, Maderia

Spaghetti

"I take pleasure in furnishing the recipe of a way of serving spaghetti, which has always been a favorite of mine.

Sauce: Stew tomatoes with a good deal of sugar until you have produced a brownish red syrupy mass. This should be seasoned with salt and pepper.

Fry crisp several slices of bacon, cut into small strips about ¾ of an inch long.

Braise in butter several slices of boiled, smoked tongue and cut into strips of the same size.

Just before serving add the bacon and tongue to tomato sauce.

Boil the spaghetti until it is thoroughly cooked. Put it in a colander and dip it for a moment in iced water. Put on a platter, pour the sauce over it and serve immediately."

S. W. E.

W. S. HOLLIS
American Consul-General to Lisbon, Portugal

Cabbage Pudding

Line a mold with boiled cabbage. Put a layer of minced

meat, boiled eggs cut in rounds, stoned olives and boiled finely cut carrots; then put a layer of cabbage and so on until dish is filled, last layer being cabbage. Bake in moderate over about 20 minutes.

Note: This is a Portuguese dish.

PAUL H. CRAM
American Consul to Nancy, France

Cuban Cheese

(Note: This is a very rare and unusual recipe.)

One pound of best dried figs, 1 teacup of water, 2 teacups of sugar. Wash the figs in warm water. Cook sugar and water together until a syrup is formed. Then add figs, and cook slowly until tender; then take up figs, and boil syrup until thick. Pour over figs, and set aside until cold. Cut Philadelphia cream cheese into 2-inch cubes, and pour over each cube 2 tablespoons of syrup and 2 figs. Serve 1 cube with a small cup of black coffee after dinner.

J. W. DYE
American Consul, Ciudad Juarez, Mexico

Chile Omelet

Six large chiles, 3 eggs, 6 slices of cheese, 2 large onions and 4 tomatoes. Split and remove seeds from chiles; place inside of each chile a piece of cheese; beat eggs, add salt, and dip chiles in beaten egg and fry in deep fat. Have a stew prepared of the onions and tomatoes and pour over the chiles. Serve hot.

REAR ADMIRAL R. E. COONTZ
Chief of Naval Operations, U. S. Navy

Spanish Rice

One cup of rice, 3 cups boiling water, 6 large sliced onions, can of tomatoes and 1 teaspoon of salt. Cook the rice in hot drippings until golden brown, stirring frequently; remove seeds from sliced red pepper and cook with onions 15 minutes in boiling water; add rice and cook 10 minutes, then add tomatoes, which have been warmed, stirring thoroughly. Cover tightly and cook until water is absorbed. Do not stir again.

L. R. BLOHM
American Consul to Aguascalientes, A. G. S., Mexico

Prunes Stuffed with Dried Apricots

Two cupfuls of large, soft prunes, 2 cupfuls of dried apricots, 1 cupful of XXXX sugar, ½ cupful of fresh grated cocoanut. Soak the prunes for one hour, and dry; with a sharp knife remove the stones; fill with apricot, which has been washed, dried and put through a food chopper. Form into the natural shape of fresh prunes. Mix the sugar and cocoanut together and roll the prunes in it. Spread on a platter to dry.

W. W. BRUNSWICK
American Consul to La Rochelle, France

Omelet Soufflé

Beat well yolk of egg. Then beat white until like snow. To white then add 2 teaspoons of "sucre vanille." Mix the white and yolk together, very gradually, by taking spoonful of white and mixing to yolk, then another and another until all is mixed. Place in lower part of oven a few minutes, then in upper oven until a little brown. To serve as a dessert, if desired, a little candied fruit may be cooked in the omelet and sugar sprinkled over the top.

CAPT. W. M. CROSE
Commandant, U. S. Navy Yards, Naval District,
Cavite, Philippine Islands

Fish Timbales

Chop fine 1 cup of white, cooked fish; boil 1½ cups of milk and ½ pt. of bread crumbs together, and when cool, add the fish gradually, and press through a sieve; add 4 tablespoons of cream, 1 teaspoon salt and dash of pepper; fold in the whites of 5 eggs (well beaten). Pour mixture into timbale cups, stand in a pan of boiling water in hot oven 15 minutes. Even better than the fish is to use asparagus tips.

J. S. BENEDICT
American Consul to St. John's, Newfoundland

Candied Grapefruit Peel

Take skins of grapefruit after pulp has been removed,

cut in quarters with scissors, remove all membrane without disturbing white part of rind; cut rind into narrow strips, cover with water which has been added salt in proportion to a scant ¼ cup to 2 qts. of water; stand over night and in the morning drain and rinse; cover with cold water and boil 10 or 15 minutes, drain, rinse and again put in cold water and boil until tender. Take weight of peel in sugar, and ½ weight in water and boil to a syrup; add peel and let simmer until syrup is almost absorbed. Set aside to cool in syrup. Roll in granulated sugar.

ADMIRAL H. B. WILSON

Commanding Officer, U. S. Naval Academy, Annapolis, Md.

UNITED STATES NAVAL ACADEMY
Annapolis, Maryland
December 14, 1921.

My dear Mrs. Brebner:

Admiral Wilson has asked me, in accordance with your request, to enclose a recipe for creamed mushrooms, which he obtained during his tour of duty in France during the World War. It has been translated rather freely into English, but I think will prove satisfactory.

With kindest regards,

Sincerely yours,
M. S. Tisdale,
Lieut. Comdr., U. S. Navy,
Aid to Superintendent.

Champignons

Peel the mushrooms and cut off the stems; put in a saucepan over the fire until no moisture remains. When all the moisture is gone take off and drain well. Then fry them in boiling oil, with chopped onions and parsley. Sift in the pan a pinch of flour and stir for a few seconds. Serve the mushrooms with a white sauce, made preferably with fresh, thick cream. Add salt and pepper to suit taste.

REAR ADMIRAL C. S. WILLIAMS, U. S. Navy

Fried Apples

Select nice, hard, red apples and cut in eighths, but do not

peel. Have a frying pan quite hot in which is melted 1 tablespoon each of butter and lard for each 3 apples. Lay apples in layers (but do not break); sprinkle with ½ cup of sugar and cook. Do not have pan too hot. When light brown on one side turn until both are alike.

BRIG. GENERAL J. W. RUCKMAN

NOTE: This recipe is placed in this book in memory of Gen. Ruckman, who died last June, by his daughter-in-law, Mrs. J. A. Ruckman. It is with pleasure I place on this page a recipe in honor and memory of one as interested in the welfare of our wounded and unemployed ex-service boys as was Gen. Ruckman, a true son of Illinois and a 100 per cent American.—Editor.

Apples, Wiley Style

Six apples, ½ cup of flour, ½ cup of sugar, 2 tablespoons melted butter, and ½ cup of water. Pare the apples and cut into quarters; dip them first in melted butter, then in the mixture of flour and sugar. Put in a baking dish, pour the water over them, and bake in moderate oven 40 minutes, or until slightly brown on top. Serve hot with cream.

MAJOR GENERAL F. J. MORRISON, U. S. ARMY

Cheese Soufflé

Two tablespoons of butter, 5 tablespoons of flour, ¼ teaspoon of salt, 3 eggs, ¼ cup of grated cheese, and ½ cup of scalded milk. Melt the butter; add flour and mix well, then gradually add scalded milk, stir salt, bit of cayenne pepper, and cheese. Remove from the fire and add yolks of eggs (beaten) until lemon colored. Cool the mixture and fold it into the stiffly beaten whites. Pour into buttered baking dish and bake in slow oven 20 minutes.

CAPT. R. E. BAKENHUS

Assistant Chief, Bureau of Yards and Docks, U. S. Navy

Cheese Dreams

Ingredients: American cheese, bread, bacon grease. Slice the cheese in thin pieces; place between slices of bread in sandwich form. Place a moderate amount of bacon grease in frying pan and lay the sandwiches in the pan. Cook until the bread is toasted a light brown. Add additional bacon grease as necessary to keep the sandwiches moistened. Serve while hot.

Easily and quickly prepared and very satisfactory for serving large as well as small parties. May be cooked at camping parties.

ROBERT SKINNER

American Consul-General, London, England

Gniochi for Two Persons

Put two ounces of butter in ½ pint of milk, a pinch of salt; let it come to a boil and add two ounces of flour quickly, stirring briskly and constantly until it forms a mass and does not stick to the bottom of the saucepan; then add some grated Gruyére cheese, dip out small spoonsful, one after another, into a pan of boiling water and let these poach three minutes; afterwards place them in a colander and drain off the water and place in a porcelain lined baking dish; pour over béchemel sauce and grate a cupful of Gruyére cheese and sprinkle over the top, and pour over this a little melted butter. Then bake in a moderately hot oven; it should take about 25 minutes to cook them.

Béchemel Sauce

Melt a piece of butter the size of a walnut into which stir a soupspoonful of flour; then slowly add ¼ of a pint of milk and cook 10 minutes, stirring all the time.

COL. I. C. WELBOURN

Director, U. S. Tank Corps, Washington, D. C.

A Cheese Dish

Grate 1 cup of cheese; mix with 1 well beaten egg; add salt and paprika. Spread on slices of toast, laying a slice of uncooked bacon over each piece and put under toaster in the oven until bacon is crisp and brown. Serve at once. This is a delicious luncheon dish.

LT. EARL SUTHARD

Baked Cheese Custard

Put into sauce pan 2 ozs. of butter, 2 ozs. of flour, ½ teaspoon of mustard, a little grated nutmeg and a little cayenne pepper; place over fire and when all is blended together add 1 gill of sweet milk, then add ½ lb. of grated cheese (Par-

mesan). Do not let boil but stir until a smooth, thick cream; next add the beaten yolks of 6 eggs, stirring constantly, and beating for 5 minutes; then add the well beaten whites, put in well buttered baking dish and bake in quick oven 20 minutes.

MAJ.-GENERAL GEO. BELL, JR.
Commanding General, VI Corps, U. S. Army

A Cheese Dish

One can of tomatoes, 1½ small onions and 1 lb. of cheese. Fry onion in butter until golden brown; add grated cheese and melt well, adding tomato juice very slowly, salt, pepper, and paprika to taste. Serve on toast.

REAR ADMIRAL PHILLIP ANDREWS
Commandant, U. S. Navy Yards, Norfolk, Va.

Asparagus Timbales

One-half teacup of hot milk poured over 1 pt. of bread crumbs; when soaked beat smooth; add 3 eggs, 1 at a time, beating after each egg; add 3 tablespoons melted butter, salt and cayenne to taste, and a little onion juice; add 1 pt. of asparagus cut in pieces and beat mixture. Put in buttered timbale molds in pan of hot water, with buttered paper on top to keep from burning. Cook in oven 20 minutes. Serve with a rich cream sauce.

U. S. SENATOR S. P. SPENCER, State of Missouri
Chairman, Committee on Indian Affairs

Welsh Rarebit

One lb. American cheese, 1 cup milk, 1 egg, ½ cup butter, 1 tablespoon prepared or ½ teaspoon dry mustard, 1 pinch cayenne pepper, salt to taste. Grate or cut rather fine the cheese and place this with the butter in a double boiler or chafing dish. Beat the egg and mix well into it the mustard, pepper and salt. When cheese and butter are thoroughly melted, pour in slowly the mixture of egg, mustard, pepper and salt, stirring well all the while. Next pour the milk in little by little, allowing it to mix gradually. When it becomes a rich looking, smooth paste, remove from fire immediately and serve on toasted bread or crackers.

(If the rarebit becomes too heavy or thick, more milk may

be added over the fire, remembering to stir it briskly.)

REAR ADMIRAL H. T. MAYO, U. S. Navy

English Monkey

One cup of Eastern cheese (grated), 1 cup of cream, 1 cup of bread crumbs, 1 egg, white and yolk beaten separately, ½ teaspoon salt, ¼ teaspoon paprika, and a dash of cayenne pepper. Melt butter and cheese, add bread crumbs soaked in cream, add salt, pepper, and beaten eggs (together) last. Serve on toasted crackers.

"I am enclosing on the attached sheet a recipe of a very popular dish in Mexico. It is a dish that seems to be relished by all foreigners who come to Mexico."—A. J. McC.

MAJ.-GENERAL GEORGE BARNETT, U. S. M. C.
Commanding General, Department of the Pacific

Stewed Cheese

Six ounces of cheese (a little less than ½ lb.) grated, 2 eggs, 2 level tablespoons of butter and 1 cup of milk. Beat all together and bake to the consistency of mustard. Bake a light brown.

"OUR COUNTRY!"
A Prayer Patriotic

(By Stanislav Martin Kolar)
Sgt. 1st Class, Med. Dept., 108th Engineers, 33rd Div.

Our Country, Thou art hallowed,
With reverence we speak thy name.
Thine is not a kingdom but a
Land of Freedom,
Sacred to the living and the
Legion of Hosts in Heaven;
In Thee we abide in peace and content,
Patriotic in our endeavors we inspire
Patriotism in others.
Thou leadest not into aggression but,
Guarding our Starry Banner,
Glorify, peace on earth and good will
To man.

CHAPTER XII.

PUDDINGS

"Your dressing, dancing, gadding, where's the good in?
Sweet lady, tell me, can you make a pudding?"

EDWIN DENBY
Secretary of the Navy

Mary Morton Banana

One-half dozen bananas, ½ cup of walnut meats. Grind the meats and roll bananas in them, adding a little nutmeg; dot with butter. Bake in oven until a golden brown. Serve with cream.

U. S. SENATOR L. H. BAILEY, State of Delaware
Chairman, Committee on District of Columbia

Peach Pudding

Fill a baking dish with peaches (whole), pour over same 2 cups of water. Cover dish and set in hot oven until peaches are done. Drain off juice and let stand until cool, then add 1 pt. of sweet milk, 4 well beaten eggs, 1 small cup of flour with a teaspoon of baking powder mixed with it, stirred in so gradually and carefully as not to make it at all lumpy, 1 tablespoon melted butter, little salt and 1 cup of sugar; beat them all together for 3 or 4 minutes, then pour over peaches. Set dish in moderate oven until a rich brown. Canned peaches may be used.

WM. DAWSON
American Consul to Munich, Germany

Plum Pudding Jelly

One-half box of gelatine soaked ½ hour in 1 cup of cold

water, ½ oz. of chocolate, 1 cup of sugar, 1 pt. of milk, 1 cup of sugar, 1 cup seeded raisins, ½ cup of currants. Dissolve the sugar in the milk and put it into the double boiler to scald. Melt the chocolate, add a few teaspoons of milk to make it smooth, and add it to the scalded milk. Remove from the fire and add the soaked gelatine, stir until dissolved, then strain into a mold. When it begins to set, or is firm enough to hold its place, stir in the fruit, which should be cooked for a few minutes to soften. Flavor with vanilla or lemon, and if desired, a little citron, lemon or orange peel may be added. Serve with whipped cream.

LT. COL. ARTHUR POILLON
American Military Attaché, Bucharest, Roumania

Date Pudding

One scant cup of sugar, 1 cup of dates, chopped, ¾ cup of chopped walnuts, 2 eggs, beaten together, 1 heaping teaspoon of flour, 1 teaspoon baking powder and 2 tablespoons of milk. Mix in order given and bake in a slow oven 40 minutes. Serve hot with cream.

GOVERNOR D. W. DAVIS, State of Idaho

Idaho Prune Pudding

(Editor's Note: Governor Davis' choice is very appropriate, inasmuch as the plum is the official fruit of the State of Idaho.)

Stone and chop about 22 cooked and sweetened prunes. Add chopped meats of 10 walnuts. Beat the whites of 5 eggs stiff and add 2 tablespoons of powdered sugar. Fold these into prunes and bake in pudding dish over a shallow pan of warm water and bake in moderate oven about ½ hour. Do not remove pudding dish from pan of water until cool.

U. S. SENATOR R. P. ERNST, State of Kentucky
Chairman, Committee on Revision of the Laws

Glorified Rice

Three tablespoons of rice, 1½ tablespoons of gelatine, flavored with vanilla, 1 pt. of milk, 1 qt. of whipped cream, 1 scant cup of sugar. Wash the rice and put it in double boiler with the milk and a tiny pinch of salt; boil 1½ hours; let cool, sweeten and flavor. Dissolve the gelatine in a small portion of cold water, adding a tiny bit of boiling water.

Let cool; add to rice and watch carefully until it begins to congeal, then whip in lightly 1 qt. of well beaten whipping cream. Pack in ice, or set on ice to harden. Serve with dash of tart jelly or preserves. Best looking packed in molds.

F. W. MAHIN
American Consul to Amsterdam, Netherlands

Prune Soufflé

One quart of prunes, steamed, and mashed through a colander; when sweetened to taste, add 2 tablespoons of lemon juice (prunes must be cold when mashed). Beat whites of 10 eggs to a very stiff froth, then beat in the prune pulp. Put in a buttered granite saucepan and bake 40 minutes. Serve with sweetened or unsweetened cream. This pudding may be turned out and cut in slices like cake, with the cream as a sauce.

BRIG.-GENERAL W. H. GORDON
U. S. Army, Ft. Benning, Georgia

Southern Sweet Potato Pudding

Take 4 large sweet potatoes, wash and put in pot of hot water and boil until thoroughly cooked; when cooked peel and put in a mixing bowl; add ½ cup of butter, 1 teaspoon of nutmeg, and sugar to taste. Mix well. Place the whole into a pudding dish, slice a lemon on top; place in oven and cook until brown. Remove from oven and cover the top with Angelus marshmallows and return to a very hot oven to let brown. Serve at once (hot). This is a genuine Southern dish and considered delicious.

S. E. McMILLIN
American Consul, Port Limon, Costa Rica

Black Pudding

One cup of flour, 1 teaspoon of salt, 1 cup of raisins, 1 cup of molasses, 1 cup of boiling water, and 1 teaspoon of soda. Mix in order given, adding soda in a little of the boiling water. Steam 3 hours and bake 1 hour. Serve with hard sauce.

Sauce: One cup of sugar, ½ cup of butter and 2 egg whites. Cream butter and sugar together. Beat the eggs until

stiff, and add slowly to creamed butter and sugar. Flavor with vanilla.

BRIG-GENERAL H. H. BANDHOLTZ
War Dept., U. S. Army

Date Pudding

Two eggs, 1 cup sugar, 1 heaping tablespoon flour, ½ teaspoon baking powder, 1 cup chopped dates, 1 cup chopped English walnuts or butternuts. Beat eggs well; add other ingredients in order named; bake ½ hour in moderate oven. Serve with sweetened whipped cream.

COL. J. B. BENNETT
U. S. Army, General Staff

Gŭla Malaca, or Singapore Pudding

One fresh cocoanut grated and squeezed through a cheesecloth (the milk squeezed from cocoanut is used for the sauce). Two cups of brown or maple sugar, 2 cups of sage or tapioca, washed and strained. Put the liquor in natural milk found in the cocoanut, into the sugar and the squeezed cocoanut meat. Put on fire, stirring constantly until boiling point is reached. Strain through sieve, pour on tapioca and boil all together about 15 minutes, stirring as it thickens. Serve hot with the cold sauce.

LT. COMMANDER LEE P. WARREN
Aide to the Assistant Secretary, U. S. Navy

Chocolate Pudding

One pint of cake crumbs, 5 tablespoons grated chocolate, 1 pt. of milk, 1 cup of sugar, 3 eggs, beaten separately. Melt the chocolate and add milk and sugar, heat to the boiling point and pour the mixture over the well beaten yolks, then add the cake crumbs and bake ½ hour. When done, cover with meringue made of the whites of the eggs beaten stiff with ½ cup of sugar. Set in the oven to brown.

U. S. SENATOR JOS. I. FRANCE

Diplomatic Pudding

Place in a bowl 2 ozs. of bread crumbs, 1½ ozs. of sugar,

½ oz. of butter, 1 oz. of picked currants, ½ oz. finely hashed sweet almonds, 3 egg yolks, 1 tablespoon of flavoring (Maraschino juice). Mix all well together for 2 minutes with a wooden spoon, then fill 6 lightly buttered, individual pudding molds with the preparation. Lay molds in tin pan, pour in boiling water up to ½ their height; set in the oven, and after 30 minutes remove; pour a hot sauce over the pudding and serve.

J. V. A. MacMURRAY
Chief of Division of Far Eastern Affairs,
Department of State

Date Whip

One cup of stoned dates, ½ cup of boiling water, 1 tablespoon of lemon juice, 3 egg whites, ⅓ cup of sugar, ½ teaspoon of salt. Cook the dates in boiling water until tender; press through a sieve. Beat whites until stiff; add sugar, lemon juice and salt. Carefully fold in date pulp. Pile lightly on a buttered baking dish and bake 30 minutes in moderate oven. Serve with cream.

H. W. DIEDERICH
American Consul to Sarnia, Ont., Canada

Caramel Pudding

Put 3 heaping tablespoons of sugar into 1 cup of water and boil until brown, and line the inside of a bowl with this. Three eggs, well beaten, 3 cups of milk, 1 level tablespoon of sugar, and few drops of vanilla. Strain before putting into the bowl. Steam for 1 hour in water. For serving, turn out of the bowl on a glass dish.

W. S. HOLLIS
American Consul-General, Lisbon, Portugal

Celestial Food

Four ounces of sugar, 1 oz. of ground almonds, 1 oz. of bread crumbs, flavoring desired (wine substitute), and 10 eggs. Put the sugar into water and let boil for 15 minutes; then add the ground almonds and bread crumbs, and lastly the yolks of the 10 eggs. Let the mixture boil 5 minutes.

U. S. SENATOR REED SMOOT, State of Utah
Chairman, Committee on Public Lands and Surveys

Peach Pudding

One can of peaches. Pour off juice and add 1 cup of sugar, 1½ cups of flour, 1 cup of milk, 1 teaspoon melted butter and 1 teaspoon baking powder. Mix in order given. Pour over peaches. Steam 1 hour. Serve with cream.

SENATOR SMOOT'S PRAYER

Washington, April 5, 1917.—Just as the Senate voted to pass the war resolution last night, Senator Smoot of Utah delivered the first prayer ever delivered by a Senator on the Senate floor. Rising in his place he said:

"God bless and approve the action to be taken by the Senate this day. Oh, Father, preserve our government and hasten the day when liberty will be enjoyed by all the people of the earth."

COL. HAMILTON
U. S. Army, Washington Barracks

Peach Pudding

Two cans of peaches, 6 large apples, ½ lb. of blanched and chopped almonds, ½ lb. of stale macaroons. Pare and core apples, cutting them in eighths. Make a syrup of 1 cup of granulated sugar and 1 qt. of water; drop the apples, a few at a time, and cook until tender, but not enough to allow apples to become too soft; remove to a platter to cool as you take from syrup. Add the juice from the can of peaches to the syrup and let stand on the back of the stove to keep warm. Dry and roll the macaroons until they are like bread crumbs. Put in the bottom of a deep baking dish a layer of apples and cover with chopped almonds and macaroon crumbs, then a layer of peaches, covering each layer with the crumbs until the dish is filled. Pour the warm syrup over all and cover with layer of crumbs and nuts. Serve very hot with meat course.

U. S. SENATOR F. E. WARREN, State of Wyoming
Chairman, Committee on Appropriations

Fig Pudding

Six ounces of butter, 6 ozs. of bread crumbs, 6 ozs. sugar, 3 eggs, ½ lb. finely chopped figs, 1 cup of milk, 1 grated nutmeg, ½ wine glass of brandy substitute flavoring, ½ teaspoon soda and ½ teaspoon of cream of tartar. Put in a mold and cook in boiling water 3 hours. Hard sauce to be served with pudding.

F. R. HENRY
American Consul to Teneriffe, Canary Islands

Huevo Molé

Materials: Six eggs, ½ lb. of sugar, and almond essence.

Directions: Put ½ lb. of white sugar in a saucepan, add a little water and boil till it becomes a syrup. Break the yolks of 6 eggs into a double saucepan, taking off the thick skin which encloses the yolk, add a few drops of almond essence and a very little bit of water. Pour the sugar syrup on the yolks of eggs, stirring meanwhile and bring the mixture to a boil, stirring one way all the time. When boiling take off the fire and beat with a fork, adding 2 drops of water every 5 minutes. The mixture must be beaten ¾ of an hour until it has the consistency of a thick mayonnaise sauce. Serve in custard glasses. This is a delicious Spanish dessert, which well repays the time and trouble in making it.

JOHN HUDDLE
Former American Consul to Hamburg, Germany

Steamed Chocolate Pudding, Creamy Sauce

Cream 3 tablespoons of butter and add gradually, while beating constantly, ⅔ cup of sugar, then add 1 egg, well beaten. Mix and sift 2¼ cups of flour with 4½ teaspoons of baking powder and ¼ teaspoon of salt, and add alternately with 1 cup of milk to first mixture; then add 2½ squares of unsweetened chocolate which has been melted in a small saucepan floated in a larger saucepan of boiling water. Turn into a buttered mold, adjust cover, and steam 2 hours. Remove from mold and serve with creamy sauce.

Creamy Sauce: Work ¼ cup of butter until very creamy,

and add gradually, while beating constantly, 1 cup of powdered sugar; then add ½ teaspoon of vanilla, a few grains of salt, and ¼ cup of heavy cream, beaten until stiff. Remember in filling mold for steaming never to allow mixture to fill mold more than ⅔ full, for room must be left to allow for the rising. For snow puffs never let the mold be more than ½ full.

EARL B. SEARCY

Former (and first) State Adjutant of the American Legion of Illinois

War Pudding

Two cups of graham flour, 1 cup of molasses, 1 cup of sour milk, 1 cup of raisins, 1 teaspoon each of nutmeg and cinnamon, 1 teaspoon soda, 2 teaspoons of melted butter. Mix and bake slowly. Sauce: One teaspoon of flour to a cup of sugar, butter in generous quantity. Add boiling water and 3 or 4 tablespoons of ground nuts.

(Note: This is the first recipe I received.—Editor.)

REAR ADMIRAL FIELD, U. S. Navy

Orange Marmalade Pudding

Three-fourths scant cup of butter, 1 cup of sugar, 1 cup of flour, 3 eggs, 1 teaspoon of soda, 1 teaspoon of hot water, 1 teaspoon of lemon juice, and 1 tablespoon of marmalade. Dissolve the lemon juice in the soda and hot water. Steam 2 to 3 hours. Eat with pudding sauce.

MAJ.-GENERAL HUNTER LIGGETT, U. S. Army

Plum Pudding

To 1 qt. of boiled milk, add (while milk is hot) rolled crackers enough to thicken it. Add ½ lb. of seeded raisins, ½ lb. finely cut citron, ½ lb. currants, ¾ lb. finely chopped, blanched almonds. Add these ingredients after milk is cold. Cream, 1 cup sugar, ½ cup of finely chopped suet. Beat whites of eggs and yolks separately, adding beaten yolks to creamed butter, sugar and suet. Add this to the boiled milk and crackers, and add raisins, citron, and nuts. Season with cinnamon, nutmeg, cloves and mace. Add beaten whites of eggs last. Bake slowly for 1 hour.

REAR ADMIRAL S. S. WOOD, U. S. Navy

"Such a worthy object as you are working for deserves the support of all and I gladly contribute my mite to add to the general fund."—S. W.

Jellied Apples

Pare, core and quarter tart apples; cut the quarters into 2 or 3 pieces, depending upon the size of the apple. Put these into an earthen dish—a new bean pot or casserole is suitable—with layers of sugar between, using about 1½ cups of sugar for about 1 qt. of apples. Add ¼ of a cup of water, cover and cook in a very slow oven for 3 or more hours. When tender and very red and juicy add to the hot juice drained from the apples a scant quarter of a package of gelatine, softened in cold water, also a little lemon juice if desired. Carefully lift a few pieces of apples at a time and lay in the earthen bowl, adding 1 teaspoon of the liquid, until all is used. Let stand until cold and set, then turn out from the mold and ornament with a piping of thick cream beaten solid or surround with thin cream beaten with a whip churn and drained. Syrup from a jar of preserved ginger may be added to the cream before whipping. The apples are also particularly good served hot, without gelatine, with cream and preserved ginger.

BRIG.-GENERAL LOGAN FELAND, U. S. Army

Mock Plum Pudding

One pound of finely chopped cooked carrots, ½ lb. chopped suet, 4 tablespoons of sugar, 6 tablespoons of flour, 1 teaspoon each of salt, cinnamon, and nutmeg, ½ teaspoon ground cloves, and ¾ lb. currants or mixed fruit. Boil ¼ of an hour in a pudding mold. Serve hot or cold with hard sauce.

J. R. BRADLEY

American Consul to Bluefields, Nicaragua

Baked Bananas and Cocoanut Cream

Take 6 bananas or more, place in a baking dish and dot with butter and brown sugar thickly. Bake until nearly candied. Serve with the cocoanut cream sauce. Sauce: Take 3 large cocoanuts, remove the meat from the shell and grate it into a cheesecloth. Squeeze cream from cocoanut into a small jug and set on ice until ready to serve.

U. S. SENATOR I. L. LENROOT, State of Wisconsin

Graham Pudding

Two cups of graham flour, 1 cup of molasses, 1 cup of sweet milk, 1 cup of chopped raisins, 1 cup chopped walnuts, 1 teaspoon of cloves and 1 of cinnamon, 2 teaspoons of soda dissolved in the molasses, pinch of salt, and dessert spoon of vanilla. Steam 3 hours.

Sauce: Beat 1 cup of sugar and ½ cup of butter to a cream; add the well beaten yolks of 3 eggs, then the beaten whites of 3 eggs. Keep it cool; add vanilla just before serving and beat again.

COL. F. J. MORROW, U. S. Army

Peach Marvels

These peaches, to be served with the turkey, are marvels of luscious goodness. Place the halves of perfect canned peaches in a baking dish, and pour over them the syrup from the can. Fill each cavity with pecans, place a marshmallow on each piece of fruit, and run in the stove to season and brown a tiny bit.

ARTHUR COOKE

American Consul to Swansea, Wales, B. I.

Baked Bananas

Peel and slice 6 bananas lengthwise; line a baking dish with them; dot with butter and cover with brown sugar; continue until dish is filled. Bake until candied. A few drops of lemon juice improves the taste. Serve with whipped cream.

REAR ADMIRAL S. S. WOOD, U. S. Navy

Poor Man's Rice Pudding

One quart of milk, 3 tablespoons of rice, 4 tablespoons of sugar, a few drops of vanilla (when pudding is nearly done), and raisins, if desired. Wash the rice well, then add the sugar and raisins and stir into the cold milk. Put in a moderate oven and let cook slowly until the rice is thoroughly cooked (at least 1½ hours, and probably more, depending upon the heat of the oven). The pudding should be stirred every 15 minutes to prevent skin forming over the top and keeping the

rice and raisins well mixed in the mixture. When rice is well cooked or nearly done allow the skin to form and brown without stirring it for the last half hour. Much depends upon the regular stirring.

REAR ADMIRAL D. W. TAYLOR
Chief, Bureau of Construction and Repair, U. S. Navy

Virginia Tyler Pudding

Line 3 pie plates with a rich pie pastry and bake until a light brown; then heat the yolks of 4 fresh eggs very light. Cream 2 cups of sugar and ¾ cup of best butter. Add the yolks to this and beat well. Then stir in by degrees 2 cups of cream, and 1 teaspoon of vanilla. Mix thoroughly, put into the pie crusts and bake slowly until done.

REAR ADMIRAL J. L. JAYNE, U. S. Navy

Thummery

Bake 4 medium sized apples, but do not remove the skins, or sweeten. When cold remove skins and scrape from core, removing all lumps. Beat whites of 2 eggs thoroughly (not with a Dover beater, but a whip), then add apple pulp gradually. Add confectioner's sugar to taste and enough to smooth mixture. Flavor with lemon. Serve with cream.

U. S. SENATOR T. H. CARAWAY, State of Arkansas

Queen's Basket

Cook ½ cup of sugar and enough water to dissolve until it spins a thread when dropped from a spoon. Set the dish in boiling water to keep the syrup from hardening. Butter an inverted bowl, dip macaroons in the syrup and arrange edge to edge over the bowl. Bend a stiff piece of cardboard, buttered, in the form of a handle and set on the bowl, then lay on it, edge to edge, macaroons dipped in the syrup. When firm, remove the pasteboard and place the macaroon handle on the basket by dipping each end into the syrup. Just before serving fill with chestnut cream, which is made as follows: Shell and remove by boiling the dark skins from 1 lb. Italian chestnuts and boil again until tender. Mash and press through a sieve, sweeten, flavor with ½ teaspoon vanilla extract and fold in 1 pt. of stiffly whipped cream. Decorate with boiled chestnuts, candied by dipping them into a hard syrup.

CHARLES S. WILSON
American Ambassador to Bulgaria

Fruit Cup

Arrange a box of hulled strawberries in a glass dish; boil 1 cup of sugar, and ½ cup of water 5 minutes, then pour in a fine stream onto the yolks of 3 eggs, which should be beaten until thick. Cook over hot water, stirring constantly until thickened. Cool, add the juice of 2 lemons and pour over the fruit. Mix strawberries alternately with pitted cherries and shredded pineapple. Chill thoroughly before serving. Chopped nuts and marshmallows may top the dish.

GOVERNOR O. H. SHOUP, State of Colorado

Pineapple Delight

One cup of chopped pineapple, 1 tablespoon of gelatine, 2 tablespoons of rice, ¾ cup of sugar, 1 cup of whipping cream, 2 cups of boiling water or pineapple juice, pinch of salt, a few preserved cherries. Boil rice until soft, then drain it. Dissolve the gelatine in the boiling water, add sugar and rice, cool slightly, then add the salt, pineapple and whipped cream. Cool and serve in dainty glasses with a cherry on top of each portion.

REAR ADMIRAL HUGH RODMAN, U. S. Navy

Prune Honey Pudding

Wash 1½ cups of prunes; then let them stand just covered with warm water for 20 minutes. Drain, remove the pits and chop the pulp. To this add ½ pt. of sweet milk, 1 cup of bread crumbs, the grated rind of ½ a lemon, 3 tablespoons of honey and 3 tablespoons of melted shortening. Then sift 1 cup of flour, 2 teaspoons of baking powder and 1 teaspoon of salt together and add last. Place the mixture in a greased covered mold (1 lb. coffee can is excellent), and set, weighted, in a kettle of boiling water that will come ⅔ to the top of the mold. Cook in this way or in a steamer for 2½ hours. Serve with a sauce made of 1 beaten egg, 1 cup of honey and 2 teaspoons of lemon juice, boiled together. Add hot water if a thinner sauce is desired.

CHAPTER XIII.

PIES

You never can tell what's in a pie until it is opened.
—Old Saying.

AMERICAN CONSULAR SERVICE
Florence, Italy
May 4, 1922.

Madam:

There is no Mrs. Dorsey, except my mother, Mrs. Ann Elizabeth Dorsey, who is 92—almost 100 years American.

I don't know much about cooking, but I happen to have with me a recipe for Lemon Meringue Pie such as I have eaten in my Maryland home ever since I can remember. It's 100 per cent American, alright, and mighty good.

If this will be of use for your "100% American Recipes" you are quite welcome to it (as well as to the Pumpkin Pie one which happens to be on the same sheet, and that I therefore enclose), especially if it can help a deserving ex-service man or his family.

Very respectfully yours,
W. RODERICK DORSEY,
American Consul.

Lemon Pie

Juice of 2 lemons, rind of 1 grated, 2½ cups sugar, 2 of milk, yolks of 6 eggs, 2 tablespoons of flour, 2 of butter. Beat sugar and yolks of eggs together until very light, then stir

in the butter melted, next the flour and milk. This makes 2 nice thick pies. Put in single crust in pie pans and bake in a moderate oven until filling is thick. Beat the whites of the eggs with about 2 tablespons of sugar until very stiff. When the pies are sufficiently baked spread the whites as meringue on top, sift granulated sugar over to make crisp and set in oven just long enough to brown the meringue.

Pumpkin Pie

Two teacups stewed pumpkin, dry and mash fine, a heavy ¼ lb. (say 5 ozs.) butter, juice and grated rind of 2 lemons, 1 wine glass of brady substitute, sugar to taste (say 2 teacups), 5 eggs. Beat yolks and whites separately, add yolks to ingredients, and stir in well beaten whites separately just before baking. Put in single crust in pie tins and grate nutmeg on top of each pie. This makes 2 pies.

GOVERNOR C. H. COX, State of Massachusetts

Lemon Pie

Mix one cup of sugar with 1 tablespoon of cornstarch, add 2 eggs, 2 lemons, grated rind of 1 lemon, 1 cup of boiling water and 1 tablespoon of butter. Cook above ingredients until thick and bake in 1 crust.

F. W. GODING

American Consul-General, Guayaquil, Ecuador

"However, I am enclosing copy of a recipe which she brought from Montevideo, her home, that was a great favorite with her and with me. When properly made it is one of the most wholesome and agreeable pies ever placed upon my table and will be appreciated by everyone who prepares it."—F. W. G. (speaking of his wife's recipe).

Spinach Pie

Clean the spinach well and seperate the leaves from the stems, boiling them in plenty of water to which a little salt has been added; then drain through a strainer, and cut into fine pieces, squeezing until the juice is well out, then add ½ cup of bread crumbs which have been soaked in milk. Beat slightly 3 eggs and mix with a small cup of grated cheese, 2 tablespoons of butter, and seasoned with salt and pepper to taste. Place the mixture in pie tin 2 or 3 inches deep, greased

with butter, the bottom of which has been covered with dough, for the under crust; then place the dough for the upper crust on the top (the mixture nearly filling the tin). Bake ¾ of an hour when it is ready to be served. May be eaten hot or cold.

MAJ.-GENERAL C. H. MUIR
Commanding General, U. S. Army, Camp Lewis, Washington
Courtesy of Mrs. McKenzie

Orange Pie

Three large oranges, 1 lemon, ¾ cup sugar, 3 eggs, ½ cup water. Take juice of oranges and ½ lemon, grated rind of 1 whole lemon and boil on stove, add the beaten yolks (3) and whites of 2 eggs, 1 small tablespoon of cornstarch and boil until thick. Take from stove and pour into a rich pie crust which has been previously baked. Beat the remaining white until stiff, add 1 tablespoon granulated sugar, put on top and brown slowly for 12 minutes in oven. Then you have a fine pie.

GOVERNOR S. BONE, Territory of Alaska

"My Mother's Cream Pie"

One-half pint of milk, 1 egg, 1 tablespoon of cornstarch. Sweeten and flavor. Stir sugar and cornstarch with a little of the cold milk, add to the other milk when it comes to a boil. Beat the yolk into the mixture while hot. When thick remove from stove. Beat white of egg stiff, adding a little sugar, and stir into cream mixture. Bake crusts separately. Add cream and return to oven to brown.

WM. R. LOWRIE
American Consul-General to Athens, Greece

Puff Paste, Cream Layer

Make puff paste in 1 large sheet, cut in half and put in the following cream between the layers: Cream: Two eggs, whites and yolks, beaten separately. To the 2 yolks add 4 teaspoons of sugar, 4 measures of milk (using ½ egg shell as a measure), 1 teaspoon of cornstarch and a little salt. Cook in boiler, stirring constantly. While cooking, dissolve 1 heaping teaspoon of powdered gelatine in a little cold water, and add to the hot cream when it is thick. Add ½ teaspoon

of lemon extract last. Beat the whites of eggs stiff and add to the mixture. Let cook ½ hour and spread between the layers of puff paste. Sprinkle with sugar and cut into small cakes.

BRIG.-GENERAL J. H. McRAE, U. S. Army

Raspberry Custard Pie

Line a deep pie plate with a rich pie dough, scattering a little flour and a handful of sugar in it. Put in berries, but not as many as for a covered pie, one layer only. Again scatter a little flour and sugar, and a pinch of salt. Over all pour 5 or 6 tablespoons of sour cream. Bake as other pies. Loganberries are delicious made in this pie.

MAJ.-GENERAL W. C. NEVILLE, U. S. M. C.

Sweet Potato Pie

One and 1½ cups of mashed sweet potatoes, add 2 cups of milk, 1 cup of sugar, 3 eggs, 1 tablespoon of butter and 1 grated nutmeg. Bake in a crust like pumpkin pie.

GOVERNOR W. H. McMASTER, State of South Dakota

Lemon Pie

Yolks of 4 eggs, juice and grated rind of 1 lemon, ½ cup sugar, 2 teaspoons flour. Cook all this in double boiler until thick, let stand until cool. Beat whites, add ¼ cup sugar, then tabe about 3 tablespoons of the beaten whites and beat into custard. About half of the remainder fold in gently. Fill crust with above mixture, then put remaining whites on top and brown slightly in the oven.

M. B. KIRK
American Consul to Rouen, France

Raisin Pie

One cup of seeded raisins, 1 cup of sugar, 1 cup of sour cream, yolks of 2 eggs, ½ cup of walnut meats, 1 tablespoon of vanilla and pinch of salt. Chop raisins and nuts, stir together with sugar, seasoning and sour cream. Put in unbaked crust and bake about 20 minutes. Cover with meringue or whipped cream.

MAJ.-GENERAL M. W. IRELAND
Surgeon-General, Medical Department, U. S. Army

Chocolate Cream Pie

Two squares Lowney's Premium Chocolate or ½ cup of Lowney's Cocoa, ¼ cup cornstarch, 2 cups milk, 2 egg whites, ½ cup sugar, 3 egg yolks, ¼ teaspoon salt, 1 tablespoon vanilla. Melt 2 squares Lowney's chocolate or ½ cup Lowney's cocoa, add sugar, cornstarch, egg yolks, salt and milk. Cook in double boiler till thick, stirring constantly; flavor with vanilla. Pour into a baked pie crust shell, cover with a meringue made by beating egg whites till stiff and adding 2 tablespoons sugar; brown in oven.

GOVERNOR PAT M. NEFF, State of Texas

"The enclosed directions for making Pecan Pie I hope will prove of service in the compilation of your book. The pecan, as you perhaps know, grows more abundantly in Texas than in any other state, and for this reason I thought a pie with pecans as the principal ingredient would be particularly fitting as a recipe from Texas."—Mrs. P. M. N.

Pecan Pie

One cup of milk, 1 tablespoon cornstarch, ½ cup of pecan meats, 1 cup of sugar and 1 lemon. Place the milk and sugar in a double boiler and bring to the boiling point. Add a pinch of salt. Beat the yolks of the eggs, and blend the cornstarch in these, adding a little cold milk, and stir gradually into the boiling milk. Remove from the fire and stir in lemon and pecans. Pour into a previously baked crust. Flavor with vanilla. Set in the oven to brown slightly. Top with whipped cream.

C. M. FREEMAN
American Consul to Sydney, Nova Scotia

Mince Meat

One pound of citron, 4 lbs. of apples (quartered but not pared), 2 lbs. of raisins, 2 lbs. currants or Sultana raisins, ½ lb. lemon peel, 2 lbs. kidney suet, 1 cup of molasses, 2 lbs. brown sugar, 1½ lbs. strawberry jam, 2 teaspoons each cinnamon, cloves, allspice and nutmeg. Small bottle of almond flavoring, 1 medium sized bottle Maraschino cherries. Put all

fruit and suet through mincer. Recipe calls for 1 qt. of cider, but try 1 pt. at first. Handful of salt.

REAR ADMIRAL H. A. WILEY, U. S. Navy

"The recipe for which you asked is enclosed herewith. Mrs. Wiley fears that this will not be very popular as in these days of economy it would appear to the casual observer as a rather expensive way of making a very ordinary article of of food."—H. A. W.

Rich Lemon Pie

Six eggs, 3 lemons, 3 cups granulated sugar, ½ cup rich milk or cream and 1 large tablespoon of butter. Cream the butter and sugar together. Beat the yolks of the eggs very light and stir into the butter and sugar. Grate the rind of the 3 lemons and squeeze the juice into the mixture. Add the whites (stiffly beaten) and milk. Pour this mixture into 2 baked crusts and bake in a very slow oven. The ingredients should not be mixed together till it is to be poured into crusts and immediately put in the oven. This makes 2 pies.

BRIG.-GENERAL U. G. McALEXANDER, U. S. Army

Courtesy of Mrs. J. W. Stuhr

Twelve Bridge Pies

One cup white sugar, ½ cup butter, 1 cup seedless raisins chopped fine, ½ cup walnut meats, cut; 4 tablespoons milk, 2 eggs. Cream the butter and sugar, add the yolks of eggs well beaten, then the milk. Beat the whites to a stiff froth, then fold in and add the nuts and raisins. Make pastry and cover gem pans with it; flour the raisins with 2 tablespoons of flour. Top with whipped cream just before serving.

GOVERNOR L. M. RUSSELL, State of Mississippi

Cream Pie

Cream Filling: One pint of milk, 3 eggs, 2 tablespoons of cornstarch, 2 tablespoons of flour, ½ cup of sugar and 1 teaspoon vanilla. Scald the milk, separate the eggs and to the yolks add the sugar and beat well; add to the scalded milk slowly, stirring all the while. Place in a double boiler and cook 10 minutes. Add the cornstarch and flour, which has been dissolved in a little cold water. Stir constantly to prevent scorch-

ing, cooking until thick, then add vanilla.

Crust: Two cups of flour, ½ cup of shortening, ½ teaspoon each, salt and baking powder, enough cold water to mak a stiff dough. Roll out on a floured board, line the pie plates, and bake in a quick oven until a light brown. Fill with the cream filling.

Meringue: Three egg whites, 3 tablespoons sifted sugar; beat sugar and eggs to a stiff froth, and spread on pies. Return to oven until meringue is brown and well set, so that it will not fall when cold. This recipe makes 2 delicious pies.

CONGRESSMAN THOMAS M. BELL, State of Georgia

McGinty's

Three cups of dried apples, cooked and sweetened, 1 cup raisins, 1 cup currants, ½ teaspoon each cloves, cinnamon and allspice. Mix well. Pie crust for McGinty's: Two cups of flour, 1 teaspoon salt, 2 tablespoon of butter or substitute, 1 level teaspoon of baking powder, 6 tablespoons of sweet milk. Mix well and roll small amount thin, cut round with small plate and put fruit on ½ of dough and fold over and fork around edge. Sprinkle with cinnamon and bake.

BRIG.-GENERAL ROBT. DAVIS, U. S. Army

Squash Fanchonettes

Line patty pans with pie crust; then fill with a custard made of winter squash, stewed and pressed through a sieve, and while warm add 1 rounding tablespoon of butter, 2 eggs well beaten with ½ pt. of sugar, ½ teaspoon each of pulverized cinnamon and ginger and a generous pint of warm, rich milk. After the shells have been placed in the moderate oven add enough more of the custard to well fill the shells, as the mixture shrinks in baking. When the custard is firm in the center the pastry should be removed from the tins. Serve when cold, placing a bit of whipped cream onto each top.

PAUL R. JOSSELYN

Assistant Chinese Secretary, American Legation, Peking, China

Cream Puffs

Put 2 tablespoons butter, 1 of sugar and 1 good pinch of salt on fire in 1 cup water, until butter is melted. Remove,

add 1½ cups pastry flour and work to smooth cream. Then return to fire and stir rapidly until paste leaves sides of saucepan. Let cool few minutes, then beat in 3 eggs, 1 at a time, and continue to beat 10 minutes longer. Then stand on ice 1 hour. Form cake 2 inches or less in diameter in rows 2 inches apart in tin. The tins should be warmed, lightly brushed with lard or oil, rubbed dry with clean paper, floured, and all superfluous flour shaken out again, before putting in the puffs. The forming is done with pastry bag. Brush the top with beaten egg, and bake in very moderate heat about 35 minutes. When cooled, slit open at 1 side and fill inside with sweet cream filling or whipped cream.

F. T. F. DUMONT
American Consul to Frankfort, Germany

Date and Rhubarb Pie

Cut the rhubarb into small pieces and let it stand in boiling water for 10 or 15 minutes while making the pie crust. Line a pie tin with the pie paste and fill with rhubarb, placing over the top of the rhubarb 1 cup of sugar and 1 cup of chopped dates. Bake without an upper crust. When ready to serve cover with whipped cream and ornament with stoned dates stuffed with blanched almond meats.

BRIG.-GENERAL J. E. KUHN, U. S. Navy

Mince Meat

Three pounds of beef or beef tongue minced fine, 1 lb. finely chopped beef suet, 4 lbs. finely chopped peeled apples, 2 lbs. seeded raisins, 1 lb. finely chopped citron, ½ lb. grated lemon peel, 2 grated nutmegs, 1 tablespoon ground cloves, 1 tablespoon allspice, 2 tablespoons ground mace, 1 tablespoon of salt, 2 tablespoons ground cinnamon, juice of 2 lemons, juice of 2 oranges, 1 quart of brandy substitute. Makes 12 qts.

CHAPTER XIV.

CAKES

Optimism—A cheerful frame of mind that enables a teakettle to sing though in hot water up to its nose.

F. E. MORALES
American Minister to the Honduras

Banana Cake

One cup of sugar, ½ cup of butter, 2 eggs, 2 cups of flour, 1 cup of milk, 3 teaspoons of baking powder, pinch of salt. Mix in order given, saving 1 egg white. Frosting: Beat the egg white until stiff; add 1 cup of sugar and 1 cup of mashed bananas beaten until thick; about 20 minutes is necessary. Substitute strawberries for bananas for strawberry cake.

GOVERNOR L. F. HART, State of Washington

White Cake

Mix together 1½ cups of sugar, 3 cups pastry flour, 2 teaspoons baking powder, 1⅛ cups sweet milk. Mix alternately with other ingredients, flour and milk, add 1 teaspoon vanilla. Whites of 4 eggs beaten stiff folded in last. Bake in 3 buttered cake tins. Put together with sour cream filling, made as follows: One pint sour cream, yolks of 4 eggs, ½ teaspoon cornstarch, 1 teaspoon vanilla, ⅔ cup of nut meats, cut up slightly. Pour sour cream into double boiler, stir in yolks of eggs. Add cornstarch and cook until mixture thickens. Take from fire, add chopped nuts and spread between layers of cake.

BRIG.-GENERAL C. E. SAWYER
Personal Physician to President Harding

Sunshine Cake

Whites of 10 eggs, 1½ cups powdered sugar, yolks of 7 eggs, 1 teaspoon of grated lemon rind, 1 cup of flour, 1 teaspoon of cream of tartar. Beat whites until frothy; add cream of tartar and continue beating until stiff and dry; add grated lemon rind; add sugar, folding in lightly, then yolks beaten until thick and lemon color, then flour. Bake in angel food pan for 40 minutes in slow oven, allowing first 15 minutes for rising. Cool cakes with pan reversed. Same as angel food.

GOVERNOR EMERY J. SAN SOUCI, State of Rhode Island

"Mrs. San Souci's Fruit Cake"

One pound of currants, 1 lb. of seeded raisins, ½ lb. of citron cut in small pieces, 1 cup of broken nut meats, juice of 1 lemon and 1 orange, 1 cup of molasses, 2 eggs, 2 cups of flour, 1 teaspoon each nutmeg and cinnamon, ½ teaspoon cloves, ½ teaspoon salt, 1 cup light brown sugar, 1 scant cup of butter, ½ cup of coffee with 1 teaspoon soda dissolved in it. Put cake in deep pan and bake 2 hours over slow flame.

E. J. HENNING
Assistant Secretary, Department of Labor

Chicago Cake

One cup of sugar creamed with ¼ cup of butter, 1 well beaten egg, pinch of salt, 1 cup sour or buttermilk, ¼ teaspoon each of cinnamon and nutmeg, 1 small square of chocolate (bitter), melted over boiling water, 1 teaspoon of lemon extract, 2 cups of sifted flour, 2 teaspoons of baking powder, ½ teaspoon soda. Beat well. Frosting: Two cups confectioner's sugar, 1 teaspoon butter mixed into sugar, square of melted chocolate, enough cream to make it creamy (not too much). Spread on cake.

C. M. FREEMAN
American Consul to Sydney, Nova Scotia

Sultana Cake

One and one-quarter lbs. white sugar, 1¾ lbs. flour, 4

eggs, 2 lbs. Sultana raisins, ¾ lbs. butter, 1 pt. milk, 1 teaspoon baking powder. Flavor with lemon and rose water. Beat sugar and butter to cream, add eggs lightly beaten, then milk and flour alternately and raisins. Bake 2½ hours in slow oven.

COL. ALBERT W. SWALM

American Consul to Hamilton, Bermuda.

Excellent Sponge Cake

Three eggs, the weight of eggs in sugar, the weight of 2 eggs in flour, juice of an orange. Place sugar, orange juice and yolks of eggs in a basin and beat well, then add beaten whites of eggs and flour gradually, alternating them. Bake in slow oven until nice brown.

JUSTICE WILLIS VAN DEVANTER

United States Supreme Court

Cake

Three eggs, 1 cup sugar, ½ cup butter, 1 cup milk, 2½ cups Swansdown flour, 1 teaspoon soda, 2 teaspoons cream of tartar, 1 teaspoon vanilla. Cream butter and sugar; add eggs beaten very light. Beat together. Add milk, taking out a little in which to dissolve soda; sift cream of tartar into flour. Beat well. Add milk and soda, beat thoroughly, and bake.

NEWTON BAKER

Former Secretary of War

Mocha Icing (For Cake)

Cream 5 tablespoons of butter (or good substitute), 2 cups granulated sugar, 4 teaspoons of cocoa. Cook over hot water until smooth. Add 3 tablespoons of strong coffee and 1 teaspoon of vanilla.

H. C. WALLACE

Secretary of Agriculture

Old Time Spice Cake

Melt 1 tablespoon chocolate over hot water, add ½ cup dark brown sugar, ½ cup hot water. Stir till smooth and keep warm. Put 3 cups flour in sifter and add 1 teaspoon

baking powder, ½ teaspoon soda, 2 teaspoon cinnamon, ½ teaspoon nutmeg, pinch of ginger. Cream ½ cup butter, ½ cup brown sugar, 2 well beaten eggs, the chocolate preparation, 1 cup sour milk. Beat thoroughly and stir in flour and 1 cup each floured nuts and dates. Bake in a sheet and cover with icing made of powdered sugar and cream.

GOVERNOR W. D. DENNY, State of Delaware

"Minnie Ha Ha" Cake

Two cups sugar, ½ cup butter, 1 cup milk, 3 cups flour, 2 teaspoons baking powder, whites of 6 eggs. Cover with boiled sugar icing, add nuts and raisins.

MAJ.-GENERAL W. M. WRIGHT
U. S. Army, "Presidio," San Francisco

L'Africane

One good cup sugar, 3 eggs beaten separately, 1½ cups of flour, sifted twice, 1 small teaspoon cream of tartar, ½ teaspoon soda dissolved in 4 tablespoons of milk, flavor with vanilla. This makes a 3-layer cake with cream filling between layers. Cover all with a chocolate sauce. Make filling with 2 cups milk, large cup sugar, 2 small eggs, 2 scant tablespoons cornstarch. Flavor with vanilla.

GOVERNOR J. HARTNESS, State of Vermont

Sunshine Sponge Cake

Four eggs, beat the yokes and whites separately, add to the whites 1 cup of sugar, to the yolks 1 tablespoon of vinegar, drop by drop, stirring continually. Beat yolks and whites until very stiff, lightly mix the two. Sift flour 4 times and lightly fold in 1 cup of flour. Bake in medium oven.

MAJ.-GENERAL C. J. BAILEY
U. S. Army, Ft. Howard, Maryland

Sour Cream Cake

Two eggs in a cup, which fill with sour cream, 1 cup sugar, 1 cup flour. Beat all together for a minute; 1 teaspoon vanilla, 1 scant teaspoon bi-carbonate of soda dissolved in a very little hot water. Bake in small tins or layer cake tins.

A. A. WINSLOW

American Consul-General, Cape Town, South Africa

Date Cake

One cup sugar, small ½ cup of butter, ½ cup sweet milk, 4 eggs beaten to a stiff froth, 1½ cups of flour, before sifting; 1 teaspoon baking powder, 1 teaspoon lemon extract. Bake slowly. May be baked in square tins or in layer cake pans, and used for cocoanut layer cake.

H. C. HENGSTLER

Chief of Consular Bureau, Washington, D. C.

Ohio Cake

One cup butter, 2 cups sugar, 4 eggs, 1 cup milk, 3 cups flour, 2½ teaspoons baking powder. Cream butter and sugar together until creamy. Beat eggs separately, add yolks to creamed butter and sugar, then add milk, beat well. Then add whites of eggs, then flour. In the last half cup of flour stir in the baking powder. Bake 2 layers. Then to the third layer add cup of chopped raisins and 1 lb. chopped English walnuts, 1 tablespoon of cinnamon, 1 teaspoon allspice, grated nutmeg to taste. Put this layer in center when puting together and put orange filling between layers and ice cake all over with any desired icing.

A. G. SNYDER

American Consul-General, Christiania, Norway

"I have a number of recipes of my mother's (Mrs. C. P. Snyder), but as she was specially noted throughout our section of West Virginia for her cake, I am sending you, for Mrs. Snyder and myself, 2 of her old cake recipes, which I hope may be of some service to you.

"If we can assist you in this worthy undertaking in any other way, please do not hesitate to let us know."—A. G. S.

Date Cake

Twelve eggs, 2 cups sugar, 2 cups cracker dust, ½ cake chocolate (Baker's), ½ teaspoon allspice, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon vanilla, 1 lb. dates, ½ lb. raisins, almonds and brandy substitute. Beat yolks and sugar until light, add cracker dust, chocolate and spices, lastly beaten whites. Bake in mold in moderate oven.

U. S. SENATOR WESLEY JONES, State of Washington

Sponge Cake

Four eggs, 1 scant cup of sugar, 1 scant cup of sifted flour, 3 tablespoons of water (no baking powder). Cream yolks of eggs and sugar until very light, put in water, then add flour, fold in whites of eggs beaten very stiff. Do not beat mixture. Bake in a very slow oven 50 minutes.

G. H. KEMPER
American Consul to Sofia, Bulgaria

Spice Cake

Yolks of 10 eggs, ½ cup butter, 2 cups sugar, 3½ cups flour, 1½ teaspoons baking powder, 1 cup of milk, 3 large teaspoons cinnamon, 1 teaspoon each allspice and cloves, 4 or 5 dried figs, 4 or 5 dates. Beat the eggs, add the sugar, then butter, then spices, milk, sifted flour and baking powder. Batter must not be too thick. All the flour need not be used. Bake in a quick oven in a biscuit tin, first sprinkling the chopped figs and dates over the batter. Place greased paper in bottom of pan. Test with straws. When done cut in squares.

REAR ADMIRAL THOMAS SNOWDEN
U. S. Navy, General Board

Nut Cake

One-fourth pound butter creamed with ½ lb. powdered sugar. Add whites of 6 unbeaten eggs (1 at a time), ¼ cup of milk, 1¾ cups of flour. Beat well and add 1 cut English walnuts and ½ cup almonds chopped fine, add 1 teaspoon baking powder. Flavor with almond extract. Bake about 1 hour in a loaf pan.

FOSTER BAIN
Director, Bureau of Mines.

Prune Cake

One-half cup of butter, 1½ cups sugar, ½ cup sour milk, ½ scant teaspoon soda, 2 cups flour, 1 teaspoon each nutmeg and cinnamon, 1 cup chopped prunes, 1 cup chopped figs, 2 eggs. Mix and bake like other cakes.

GOVERNOR W. DAVIS, State of Virginia

Chocolate Cake

Part 1. One-half cup of sugar, ½ cup sweet milk, ½ cake chocolate, 1 egg. Cook all this until smooth and thick. Take off and let cool.

Part 2. One cup sugar, ½ cup butter, ½ cup milk, 2 eggs, 2 cups flour, 1 teaspoon soda (put in the milk), 1 teaspoon vanilla. Cream butter and sugar together, put in yolks of eggs (beat whites separately), put in flour and whites. Pour in Part 1 and add milk. Bake in 3 layers. Ice with following: Two large cups white sugar, 1 cup sweet milk, ½ cake of chocolate, butter size of large egg. Cook until you can take in fingers like dough, after dropping a little in cold water. Take off fire and beat; add 1 teaspoon vanilla. Spread on cake.

CAPT. N. E. IRWIN, U. S. Navy
Commandant, U. S. Navy Yards, Portsmouth, N. H.

Apple Sauce Cake

One heaping cup of sugar, ½ cup butter, 1 cup fresh sour apple sauce, 1 teaspoon soda, 1¾ cups of flour, 1 cup raisins, ½ cup walnut meats, 1 egg, 1 teaspoon of each kind of spices. Bake about 2 hours in moderate oven.

GEORGE S. MESSERSMITH
American Consul to Antwerp, Belgium

Lady Cake

Three-fourths cup of butter, 1½ cups of sugar, 2¼ cups flour, 1½ teaspoon baking powder, whites of 6 eggs, flavoring. This may be baked either as a loaf or layer cake and cocoanut spread between layers and on top.

GOVERNOR W. R. FARRINGTON, Territory of Hawaii

Coffee Spice Cake

One-half cup butter, 1 cup of sugar, 2 eggs ½ cup of strong coffee, 2 cups of flour, 2 teaspoons baking powder, ⅛ teaspoon salt, 2 teaspoons mixed spices. Mix as usual and use coffee instead of milk. Bake in 2 layers in moderate oven 45 minutes. Filling: One and one-half tablespoons butter, 1½ cups confectioner's sugar, 1½ tablespoons cocoa, ¼ teaspoon

salt, 3 tablespoons strong coffee. Cream butter and sugar, add cocoa, salt and coffee, stir until smooth. If too dry, add more coffee. If too moist, more sugar.

C. M. FREEMAN
American Consul to Sydney, Nova Scotia

Scotch Cakes

One-half cup of brown sugar (removing all lumps), 1 cup of butter, 2 cups of flour. Cream butter and sugar, work in the flour and spread into pan. Bake in medium oven 20 minutes.

GOVERNOR N. E. KENDALL, State of Iowa

Pound Cake

One pound of butter, 1 lb. of sugar, 1 lb. flour, 9 eggs, leaving out 2 yolks, grated peel of 1 lemon. Beat whites to stiff froth and the butter to a cream; add sugar to the yolks and beat until very light. then the flour and whites of eggs alternately. Bake in moderate oven.

P. R. BEARDSLEY
Mayor of Muskegon, Michigan

Devil's Food

Yolks of 2 eggs, 1 cup of sugar, 4 tablespoons melted butter, 2 squares melted chocolate, 1 cup sweet milk in which 1 teaspoon of soda has been dissolved, 1½ cups flour, 1 teaspoon baking powder. Bake in 2 layers about 20 minutes. Icing: Two tablespoons butter, 1½ cups powdered sugar. Cream thoroughly and add 2½ tablespoons sweet cream, 2 tablespoons cocoa, 1 teaspoon vanilla.

DAVID B. MACGOWAN
American Consul to Vladivostok, Siberia

Nut Cakes

Six egg yolks, 1 cup powdered sugar, 2 cups finely ground nut meats, almonds or walnuts, 1 level teaspoon baking powder, ⅛ teaspoon salt, 6 egg whites, 1 teaspoon vanilla. Beat egg yolks and sugar thoroughly, add nuts, salt and baking powder. When well mixed add stiffly beaten whites and vanilla. Bake

in 2 layers. When cold, put between the layers cream which has been beaten stiff, sweetened and flavored. Put cream on top, making fancy designs with pastry bag.

COL. H. J. BISHOP
General Staff, U. S. Army

Angel Food Cake

Whites of 11 eggs, 1½ cups granulated sugar, 1 cup sifted flour, 1 teaspoon cream of tartar, 1 teaspoon vanilla. Put cream of tartar into the flour and sift 5 times; sift sugar 3 or 4 times; beat eggs to very stiff froth; add sugar and pinch of salt, then add flour gradually and last vanilla, mix carefully. Turn into an ungreased tube tin. It is best to flour the tin well and bake in moderate oven 1 hour. Take pan from oven and turn up side down until cake is cool.

GOVERNOR J. J. BLAINE, State of Wisconsin

White Cake

Whites of 3 eggs, scant ½ cup butter, 1 cup sugar, ⅔ cup milk, 1 teaspoon vanilla, 2 teaspoons baking powder, 1¾ cups sifted flour. Mix baking powder and flour several times. Cream sugar and butter; add vanilla, add part of milk and little flour; beat; add remainder of milk and flour; beat again and fold in the whites of eggs beaten stiff. Bake in 2 layers. Filling: White of 1 egg, 1½ cups granulated sugar, ½ cup water. Boil sugar and water until it bubbles all over the pan; pour 2 tablespoons syrup on beaten egg and beat a little. Boil remainder to a hard ball when dropped in cold water. Pour over egg and beat till ready for cake.

GOVERNOR W. D. DENNY, State of Delaware

Ribbon Cake

One cup of butter, 1 cup of milk, 2 cups sugar, 3 cups flour, 2 eggs, 2 teaspoons baking powder. Bake in 3 layers. One layer adding ½ lb. raisins, ½ lb. citron and currants, 4 tablespoons of dark molasses, little flour and spice. After baking spread lemon butter between layers. Cover cake with boiled sugar icing, made as follows: Two cups granulated sugar, ½ cup water, cooked to a syrup added to 2 whites well beaten.

Lemon Butter: One-half lb. granulated sugar, yolks of 3

eggs, 2 lemons, ¼ lb. butter. Add grated rind of 1 lemon and cook in double boiler.

U. S. SENATOR H. L. MEYER, State of Montana

Buttermilk Cake

Two cups brown sugar, 2 cups buttermilk, 1 cup of butter, 2½ cups of flour, 3 eggs, 1 lb. each raisins and English walnuts, 2 level teaspoons soda dissolved in a little hot water, 1 teaspoon each vanilla, cloves and cinnamon, ½ teaspoon allspice. Measure flour before sifting. Bake in square tin 1 hour. Ice with chocolate icing.

MAJ.-GENERAL FRANK McINTYRE, U. S. Army

Devil's Food Cake

One-half cup butter, 1¼ cups brown sugar, 3 thoroughly beaten eggs, 1 cup milk, 2 cups sifted flour, ½ cake (large) Baker's chocolate, 1 tablespoon vaiilla, 1 teaspoon soda. Cream together butter and sugar, stir in eggs, then milk, then flour. Add melted chocolate, vanilla, and soda. Bake in 2 layers and ice with icing made as follows: Boil together 2 cups brown sugar and ½ cup water until the syrup forms a ball between the fingers when dropped into water. Pour into beaten whites of 2 eggs and beat until of consistency to spread on cake.

GOVERNOR L. J. FRAZIER, State of North Dakota

Syrup Cake

One-half cup of sugar, ½ cup shortening, 1 cup dark Karo syrup, 1 cup boiling water, 2 teaspoons soda dissolved in the water, cloves, nutmeg and cinnamon to taste, 2½ cups of flour, lastly, well beaten yolks of 3 eggs. Filling: One and one-half cups sugar, ½ cup water, ½ cup chopped raisins. Boil sugar and water till it threads. Add beaten whites of 2 eggs, then add raisins.

A. G. SNYDER

American Consul-General, Christiania, Norway

Creole Cake

Two cups granulated sugar, 1 cup butter, 1 cup milk, yolks of 6 eggs in sugar and butter, 3 cups of flour, 2 teaspoons

baking powder, vanilla to taste, 12 tablespoons grated chocolate mixed with enough warm water to make smooth and stir in cake. Mix and bake as other cakes.

U. S. SENATOR J. E. RANSDELL, State of Louisiana

"Mother's Favorite Cake"

Beat 3 eggs until light, add 1½ cups of sugar and beat again; add ½ cup of soft butter and beat from 3 to 5 minutes longer. Add 1 cup of milk and beat once more. Measure 3 cups of flour, adding 2 heaping teaspoons of baking powder. Sift twice and add in 2 parts to the mixture, stirring in thoroughly each time. Bake in loaf in moderate oven. A nice addition to this cake is 1 cup of raisins, currants or nut meats.

CONGRESSMAN E. O. LEATHERWOOD, State of Utah

Strawberry Shortcake

Four cups of flour, ½ cup of shortening, 2 teaspoons baking powder, ½ teaspoon salt. Mix thoroughly and add sweet milk to make soft dough. Divide the dough and roll into 2 layers, butter each, turn buttered sides together and bake in heavy tin until a nice brown. Separate the layers and cover each with a thick layer of chopped and sweetened strawberries. Place one layer on the other. Serve with a dip of chopped and sweetened berries.

REV. E. A. BLACKMAN (the "Fighting Parson")
National Chaplain of the American Legion

Devil's Food

Cream ½ cup of butter with 2 cups of brown sugar; add ¼ cup of boiling water, ½ cup of sour cream and 1 level teaspoon of soda. Mix 9 teaspoons of cocoa with ½ cup of boiling water and add to first mixture. Add 2 cups of flour, 1 tablespoon of vanilla and 2 well beaten eggs. Filling: Two cups of sugar, ½ cup of water, 2 tablespoons of corn syrup, ¼ teaspoon of cream of tartar and whites of 2 eggs.

A. C. FROST
American Consul, Guatemala City, Guatamala

Swiss Jelly Roll

One gill of sugar, 1 gill of flour, 1 tablespoon of hot water,

3 eggs, ½ tablespoon baking powder and 3 tablespoons of jam. Cream egg yolks and sugar. Whip whites. Add flour and baking powder to yolks, add hot water, fold in whites (beaten). Bake in hot oven 15 minutes. Turn out on damp cloth, spreading on the jam and then rolling up.

U. S. SENATOR PETER NORBECK, of South Dakota

Date Cake

One-half package of dates, 1 cup boiling water, 1 level teaspoon soda, 1 cup sugar, ½ cup of butter, 1 egg, 2 cups of flour. Cut dates in small pieces and pour boiling water over them (add soda to water). Cream butter and sugar, add egg, well beaten, add flour, then the dates and water. Beat thoroughly and bake in a loaf in moderate oven. Add ½ cup of walnuts if desired.

B. S. RAIRDEN
American Consul, Curacao, West Indies

Coffee Loaf Cake

One third cup of butter, ½ cup of sugar, ½ cup of molasses, ½ cup strong coffee, 2 eggs, 1 cup seeded raisins, 1 cup of walnuts, 2 cups of flour, ½ teaspoon of soda. Beat the butter and sugar, add the molasses, then the beaten yolks and coffee; sift flour and soda and add; then whites of eggs, fruit and nuts. Bake for about 1 hour.

WM. R. GREEN
Congressman of Iowa

Strawberry Shortcake

Sift together 1 pt. of flour, 1½ teaspoons baking powder, ¼ teaspoon of salt and 2 tablespoons of sugar; work into this, as for biscuit, 4 tablespoons of butter; stir into all 1 cup of sweet milk. Pour into buttered pans and bake in hot oven.

MAJOR HUGH M. CALDWELL
Mayor of Seattle, Washington

Chocolate Roll

Yolks of 5 unbeaten eggs, adding ½ cup powdered sugar, 2 tablespoons cocoa, 1 tablespoon of cornstarch. Beat whites

stiff and stir in with other ingredients; beat all this for 10 minutes. Bake for 5 minutes in well greased and floured pans. While warm spread filling on and roll like jelly roll. Filling: 5 eggs, ½ cup of powdered sugar, 2 tablespoons cocoa, 1 tablespoon cornstarch, ½ pint of whipped cream. Use same day as made.

BRIG.-GENERAL H. C. HALE, U. S. Army

Lemon Jelly Cake

One cup of sugar, 3 cups of flour, 5 eggs, ⅔ of a cup of milk, ½ teaspoon of soda, ½ teaspoon cream of tartar and flavor to taste with vanilla, lemon, or orange. This cake requires a great deal of beating to make it light. Bake in round tins and spread with lemon jelly.

Lemon Jelly: Grate 2 lemons, rind and pulp, mixing 1 coffee cup of white sugar, lump of butter, size of egg; 2 well beaten eggs (together). Boil until smooth and place between layers.

H. M. WOLCOTT

American Consul to Bilbao, Spain

Quick Cake

One-third cup soft butter, 1⅓ cups brown sugar, 2 eggs, ½ cup milk, 1¾ cups flour, 3 teaspoons baking powder, ½ teaspoon cinnamon, ½ teaspoon grated nutmeg, ½ lb. dates, cut and stoned, or 1 cup raisins. Put ingredients in bowl and beat all together 3 minutes. Bake 35 to 40 minutes.

BRIG. GENERAL E. HINDS, Ft. Sill, Oklahoma

Angel Food

Whites of 12 eggs, 1 large tumbler of flour, measured after sifting 5 times, 1½ tumblers of granulated sugar, measured after sifting once; put sugar and flour together and sift twice more; one level teaspoon of cream of tartar, 1 teaspoon vanilla; beat the eggs (whites), when beginning to stiffen add cream of tartar, then beat to stiff froth. Fold in flour and add vanilla. Bake about 50 minutes in an unbuttered pan. When cake has risen and beginning to brown, put a dripping pan of cold water on the grate in the oven so it will not become too brown while being cooked through.

U. S. SENATOR J. E. RANSDELL, State of Louisiana

Lemon Loaf Cake

Cream together 1 cup of butter, 2 cups sugar, drop in 4 eggs, one at a time, stirring until well blended each time, but do not beat the eggs. Add 1 cup of milk, 3 cups of flour, with 4 teaspoons baking powder. These should be added alternately in the usual way. The grated rind of a lemon furnishes the flavoring. Bake in moderate oven ¾ of an hour. The temperature should be even to produce the close, fine grain given by the unbeaten eggs and the scant allowance of baking powder.

JOHN McCLOY, Commander of the U. S. S. Cormorant

(Through courtesy of Mrs. McCloy, National President, "Women of the Army and Navy," and also "Legion of Valor, U. S. A.")

Ice Cream Layer Cake

Use white cake recipe. In one layer use white of egg, in another add yolk, strawberry filling in third. Ice 2 with chocolate and 1 with white icing.

U. S. SENATOR C. E. TOWNSEND, of Michigan
Chairman, Committee on Postoffices and Post Roads

Gold Cake

One-half cup of butter, 1½ cups of sugar, 2½ cups of flour, ⅔ cup of milk, 2 teaspoons baking powder, yolks of 6 eggs, 1 teaspoon vanilla.

CAPT. RALPH EARLE, U. S. Navy

Strawberry Shortcake

Two cups of flour, ¼ cup of sugar, 4 teaspoons baking powder, ¼ teaspoon salt, few grains nutmeg, 1 egg, ⅓ cup of butter, 1½ cups of milk. Mix and sift dry ingredients twice; work in shortening; add egg well beaten with milk; mix and place on floured board. Roll out ½ inch in thickness. Place in pan and bake in hot oven; when done split and spread with crushed berries which have been well sugared; spread over with whipped cream and cover with top layer; spread top with whipped cream and decorate with whole berries.

DR. C. C. SCHNEIDER, of Milwaukee

Blitz Torti

One-fourth sup of shortening, ½ cup sugar, yolks 4 eggs, 4 tablespoons milk, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Spread this mixture on 2 well buttered cake pans; then beat whites of 4 eggs until stiff enough to stand alone, then add 1 cup sugar. Blend well with a pinch of salt and spread over the yellow mixture. Last of all, cut blanched almonds over this, white of egg top. Bake in moderate oven 15 or 20 minutes. Put the layers together with a filling made of 1 tablespoon cornstarch, 3 tablespoons sugar, 1 egg, 1½ cups of milk.

BRIG. GENERAL G. V. H. MOSELEY, U. S. Army

Strawberry Shortcake

One and ½ pts. of flour, well sifted, 3 level teaspoons baking powder, 1 level teaspoon salt, ¼ cup butter ¼ cup lard. Mix all these together until they feel mealy, then stir in milk until the dough can be handled easily; then roll out on the board in 2 round thin layers in greased pans. Take 3 qt. boxes of strawberries, pick out 3 dozen for top. Put 2 cups of what are left in a saucepan, crush them with little sugar, and set them on stove to heat slowly, but not to cook at all. Put the rest in bowl with sugar and set in warm place. When the crust is done, put it on a large, slightly buttered platter, butter the layers, put the warmed berries over both layers, the large berries over the top, and the hot juice over all.

ALEXANDER J. GROESBECK
Governor of Michigan

Conover Cake

One-half cup sweet milk, yolk of 1 egg, 4 heaping teaspoons cocoa; cook until thick, add 1 cup sugar, ½ cup sweet milk, 1 teaspoon soda dissolved in sweet milk, 4 tablespoons melted butter, 1½ cups of flour, vanilla. Filling: 1 square chocolate or tablespoon cocoa; melt in 1 cup boiling water, 1 cup sugar, 1 tablespoon butter, 1 heaping tablespoon cornstarch dissolved in water to make paste. Cook until thick; add salt and vanilla. Spread on cake.

COL. A. A. STARBIRD, U. S. Army

Easy Fruit Cake

Cream together ¾ cup of sugar, ½ cup shortening; add ½ cup molasses, ½ teaspoon soda, ¾ cup sweet milk, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon baking powder, ½ teaspoon salt, 1 cup raisins, 2 cups of flour. Bake about ½ to 1 hour in slow oven.

COL. A. A. STARBIRD, U. S. Army

Fruit Cake

One lb. butter, 1 lb. granulated sugar, 10 eggs; mix well by creaming sugar and butter then adding well beaten eggs. Take 1 lb. shredded citron, 1 lb. seeded raisins, 1 lb. currants dredged with 1 cup of flour. Then into the first mixture put ½ teacup of black coffee (cold), ½ teacup of black molasses, 2 tablespoons cinnamon, 1 tablespoon cloves, 1 teaspoon allspice; mix this into batter, stirring thoroughly until smooth. Then add ½ lemon and ½ orange chopped fine to which has been added 2 tablespoons sugar. Add 2 cups sifted flour and batter will be quite stiff. Grease pans and line with greased or wax paper. Press down the batter with wet hands until within an inch of the top of pan. Bake in moderate oven for 1 hour. Let cool in pan before removing.

PAUL JOSSELYN

Assistant Secretary, American Legation, Peking, China

Huckleberry Cake

One quart of huckleberries, 3 cups of flour, 4 eggs, 2 teaspoons of baking powder, 1 cup of butter, ½ cup of milk, 1 scant teaspoon each of cinnamon and grated nutmeg, 2 cups of sugar. Beat the butter and sugar together until light and add the beaten yolks of the eggs, the milk, nutmeg, cinnamon and the whipped whites. Also add the flour, into which the baking powder has previously been sifted, and mix well. Discard all berries that are not perfectly ripe and fresh, and dredge the rest well with some flour; add them to the dough, but be careful not to mash them in mixing. Pour into buttered tins in layers about an inch thick, dust the top with sugar and bake. For the best results make this cake twenty-four hours before you want to use it.

REAR ADMIRAL H. O. STICKNEY, U. S. Navy

Angel Cake

Whites of 9 eggs beaten to very stiff froth, 1 cup of flour, 1 cup XXXX sugar (finest confectioner's), ½ teaspoon cream of tartar, ¾ teaspoon (no more) almond extract. Beat the eggs about 3 minutes, then add the cream of tartar and continue beating until very stiff, then put in the sugar and flavoring and lastly fold in the flour, very gently. Line a cake pan with buttered paper and bake in rather quick oven about 35 minutes. Use great care not to jar or shake oven or it is apt to fall.

COMMANDER O. M. OMAN

Medical Director, U. S. Naval Medical School, Washington

Devil's Food

One cup of sugar, ¼ cup of butter, ½ cup of boiling water poured over 2 squares of chocolate, ½ cup of sour cream or milk, 1 teaspoon of soda mixed in cream or milk, 1 egg, 1 large cup of flour, 1 teaspoon of vanilla. Bake in a square or biscuit pan. Cover with white or mocha frosting.

GOVERNOR W. D. DENNY, of Delaware

Federal Cake

Six eggs, whites and yolks beaten separately, 1 lb. sugar, 1 lb. flour, 1 cup sour cream, 1 teaspoon soda put in cream, ½ lb. butter. Mix first butter and sugar, then add cream, flour and eggs, 2 lbs. seeded raisins, 1 nutmeg, essence of lemon, 2 tablespoons brandy substitute. Bake in pan 1½ hours in moderate oven. Cover with boiled sugar icing.

GOVERNOR SCOTT C. BONE

Territory of Alaska

Allies' Cake

One-half cup butter, two cups sugar, whites of four eggs, one cup milk, three cups flour, three teaspoons baking powder. Beat butter to cream. Add baking powder to flour, sift three times. Do not beat eggs. Four layer cake.

"My wedding cakes were made from this unfailing recipe."—Mrs. Scott C. Bone, Juneau, Alaska.

PAUL H. CRAM
American Consul to Nancy, France

NOTE: This is the only cake ever been known to be made without baking.

Uncooked Fruit Cake

One and ½ lbs. of seeded raisins, ½ lb. of dried currants, ¾ lb. of dates, ½ lb. of figs, ½ lb. of candied cherries, ½ lb. of crystallized pineapple, ¼ lb. of citron, ¾ lb. of shelled pecans, 2 cups of oatmeal, 1½ cups of wheat biscuit, 1 cup of grape juice, 1 cup of thick blackberry juice, ¾ cup of strained honey, 4 tablespoons of olive oil, spices to flavor well.

Combine the fruit juices and drop into them a few pieces of cinnamon bark, a few whole cloves, allspice, and about an eighth of a teaspoon of nutmeg. Place the mixture over a slow fire and allow it to simmer until it is well flavored with the spices. Do not let it boil rapidly at all, and, when flavored, remove it from the fire and strain through cheesecloth.

Run the oatmeal and wheat biscuit through a meat chopper before measuring. Reheat the fruit juice to the boiling point, and pour it over the cereals; then cover it closely and set it away overnight.

Prepare the fruit and the nuts as for the usual fruit cake. The currants will need washing through half a dozen waters and must dry overnight. If one prefers they may be left out and the same amount of some other fruit used instead; but the flavor of the currant will repay one for the extra trouble of cleansing. The nuts are best broken into small pieces; the raisins, dates, figs, pineapple and citron cut into bits, and the cherries left whole. When ready to mix measure the honey and olive oil, and stir them into the cereals and fruit juice. Combine the nuts and fruits and work them into this, using the hands. The mixing must be done in a large pan so as to blend everything thoroughly.

Line a pan with white paper brushed over with olive oil. Pack the mixture in this, a little at a time, pressing it down until it is perfectly solid. Decorate the top with nuts and cherries, and cover it with a paper brushed in oil.

Put the cake in a covered bread tin and set it in a cool place for several weeks or longer. Several days before cutting it wrap it in a cloth wet with grape juice.

HERNADO DE SOTO

American Consul to Leipzig, Germany

Chocolate Marshmallow Roll

Melt 1 square of chocolate over hot water, add 4 eggs and ½ cup sugar, and beat over hot water until lukewarm. The mixture should be light and foamy. Remove from fire, beat until cold, add ½ cup of flour sifted with salt (½ teaspoon), cream of tartar (½ teaspoon) and soda (⅓ teaspoon). Fold over and over and turn into a dripping pan which has been lined with buttered paper. Bake in a moderate oven for ten minutes. Turn out on a sheet of paper which has been sprinkled with powdered sugar, spread with marshmallow filling, roll up like a jelly roll, roll paper tightly around cake, and leave until cool. Spread with plain chocolate frosting. Cut in slices.

Marshmallow Filling for Above

Six oz. marshmallows, 1 egg (white), 1½ cups confectioner's sugar, 2 tablespoons cold water. Put half of the marshmallows to melt over hot water. When softened add one white of egg, sugar and water, heat over boiling water for about 7 minutes. Remove from stove, add remaining marshmallows, cut in small pieces and fold over and over until mixture is cool and will hold its shape.

Chocolate Frosting for Above

Melt two squarts of chocolate over hot water. Add 1 teaspoon of butter and 3 tablespoons boiling water and stir in enough confectioner's sugar, gradually, until mixture is of right consistency to spread, then add ¼ teaspoon of vanilla.

REAR ADMIRAL L. R. DE STEIGUER

U. S. Navy, Cuba

Meringues

Whites of 2 eggs, 1 cup granulated sugar, 2 teaspoons baking powder, ½ teaspoon vanilla. Beat whites until stiff and dry, add gradually ⅔ cup of sugar, constantly beating. Fold in remaining sugar after adding baking powder, then vanilla. Drop about 1 tablespoon for each meringue on greased tin and bake in very slow oven 25 to 30 minutes. When ready to serve put together in pairs and fill with whipped cream. This quantity will make about ten meringues.

GOVERNOR T. C. McRAE, of Arkansas

White Cup Cakes

One cup of butter, 2 cups sugar, 1 cup of sweet milk, 3 cups flour, whites of 6 eggs, 2 teaspoons baking powder. Flavor with vanilla and bake in 3 layers.

H. C. HENGSTLER

Chief of Consular Bureau, Department of State

Crullers

Two cups of soft "A" sugar, 2 cups sweet skimmed milk, 3 eggs beaten repeatedly, 6 teaspoons of baking powder, 12 tablespoons melted lard, pinch of salt. Enough flour to roll out. Cook in deep fat.

CONGRESSMAN DAN SUTHERLAND

Delegate from Alaska

"Mother's Doughnuts"

One cup sugar, 1 teaspoonful of melted butter, 1 egg, 1 cup of sour milk, 1 teaspoon soda, 1 level teaspoonful ginger, 1 teaspoonful nutmeg, flour to roll soft.

FRANK BOHR

American Consul to Cienfuegos, Cuba

French Cream Cake

One cup of sugar, 3 eggs, 1½ cups of flour, 2 teaspoons baking powder, 2 tablespoons water. Bake in large layer pans, split and add for filling. Custard: 2 small teaspoons of cornstarch dissolved in part of a small pint of milk. When nearly boiling stir in 2 eggs, 1 cup of sugar, small ½ cup of butter. Cook and stir until you can drop it with a spoon; add vanilla.

REAR ADMIRAL H. O. STICKNEY, U. S. Navy

Lady Baltimore Cake

Two cups of butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 level teaspoon soda, 2 level teaspoons of cream of tartar, 1 cup of milk or water, 1 teaspoon vanilla extract. Cream butter and sugar together. Add beaten yolks of eggs, cup of water or milk, flour sifted twice (reserving ½ cup to sift in the last

thing with cream of tartar and soda). Fold in the stiffly beaten whites of eggs, 1 teaspoon vanilla, then the remainder of the flour, cream of tartar and soda. Do not beat after this. Use hollow pans and bake in 4 layers, 20 to 30 minutes. Filling: 3 cups of sugar, 3 whites of eggs beaten to stiff froth, 8 tablespoons of water, scant teaspoon vanilla, 1 cup seeded raisins, 1 cup dried figs, 1 cup chopped walnuts, ¼ cup of citron. Boil the sugar until it forms soft ball (about 6 minutes); pour slowly over the whites of eggs (which have been beaten to a stiff froth); continue beating until icing is thick enough to spread. Take out enough icing for sides and top of cake, and to the remainder add the fruit and flavoring which is to be used as filling. Decorate top of cake with walnuts (halves), raisins and slender slices of green citron.

U. S. SENATOR JAMES E. WATSON, of Indiana

Doughnuts

One cup of sweet milk, 2 eggs (beaten together), 1 small cup of sugar, 2 heaping teaspoons of baking powder, 1 tablespoon of butter, pinch of salt, flour to thicken so as to roll out soft, little nutmeg or desired flavoring. Fry in deep hot fat.

GREETINGS

EMBASSY OF THE UNITED STATES OF AMERICA
Paris, May 5th, 1922.

My dear Mrs. Brebner:

I am very pleased to send you my cordial greetings and best wishes for the success of your admirable work in behalf of our wounded and unemployed ex-service boys.

Very sincerely yours,
Myron T. Herrick.

GREETINGS FROM SIAM

AMERICAN LEGATION
Bangkok, Siam
February 27, 1922.

Dear Madam:

I have received your letter of the fifth ultimo and gladly assure you of my warm support of any project intended materially to assist unemployed and wounded ex-service men. The present wholehearted endeavor should not fail to commend itself to the American people.

Wtih sincere regards, believe me,

Yours very truly,
EDWARD E. BRODIE,
American Minister.

Greetings from the Commander-in-Chief of the Italian Armies:

SENATO DEL REGNO
Roma, li 8, 2, 1922.

To the American soldiers wounded in the great world war and that still suffer for the sacrifice offered by them, I send my best greeting, which recollects strength of feeling, of pride and of faith.

May the conscience of having accomplished bravely their duty, the sympathy which surrounds them and the best wish of a comrade be of comfort to them.

F/to GENERALE A. DIAZ.

CHAPTER XV.

COOKIES

Hunger is the best sauce.—Old Proverb.

E. A. DOW
American Consul to Algiers, Algeria

Corn Flake Kisses

Beat whites of 2 eggs until stiff and add pinch of salt. Then take the following ingredients and stir them: ¾ cup of sugar, 2 cups corn flakes, ½ cup cocoanut, ½ teaspoon vanilla extract. After stirring these thoroughly, drop with teaspoon on greased pan. Bake about twenty-five minutes in slow oven.

WILLIAM COFFIN
American Consul General, Berlin, Germany

Molasses-Oatmeal Cookies (for Children)

Heat a half cup molasses to boiling point, add ½ cup butter, then add (stirring continually), 1½ cups of raw oatmeal, ⅔ cup of sugar, 1 scant cup of flour. Drop portions the size of ordinary cookies from spoon on large buttered pan several inches apart.

L. MEMMINGER
American Consul, Leghorn, Italy
Brownies

One-half cup of butter, 1 cup of sugar, 2 eggs, ½ cup of flour, 1 cup nuts, 2 squares of chocolate. Cream the butter and add the sugar gradually. Beat the eggs and then add the flour, chocolate and nuts. Drop from spoon on buttered pans. Bake in a moderate oven.

GOVERNOR J. O. PREUS, of Minnesota

Fruit Cookies

One cup butter, 1½ cups brown or white sugar, 3 eggs, ½ cup molasses, 3 teaspoons sweet milk, 1 teaspoon soda, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 cup raisins. Mix quite soft, roll thin, and bake as other cookies.

CAPT. N. E. IRWIN, U. S. Navy
Commandant, U. S. Navy Yards, Portsmouth, N. H.

Brownies

One cup sugar, ½ cup melted butter, 2 unbeaten yolks of eggs, ½ cup of flour, beaten whites of 2 eggs added alternately, 1 cup walnuts, 1 teaspoon vanilla. Cook in medium oven 25 minutes.

A. A. WINSLOW
American Consul-General, Cape Town, South Africa

Cookies

Two cups sugar, ⅔ cup of sour milk, 1 cup butter, 2 eggs, ½ teaspoon soda, nutmeg and flour. Do not mix too stiff. Bake in quick oven.

BRIG. GENERAL W. R. SMITH
U. S. Army, Fort Sam Houston, Texas

Cookies

Two cups sugar, 1 cup butter, 3 eggs, juice of 1 lemon, flour enough to roll (about 3 cups); add 2 teaspoons baking powder to flour. Cream butter and sugar; add the eggs (well beaten), add lemon juice. Sift baking powder with flour. Add to the rest. Place on ice over night. Then roll as thin as possible, cut with cookie cutter and bake.

C. M. HATHAWAY
American Consul to Dublin, Ireland

Cocoanut Rocks

Ten oz. flour, ½ lb. of butter, 6 oz. of shredded cocoanut, 8 oz. sugar, 4 eggs. Beat the sugar and butter together, adding cocoanut and flour by degrees, then the eggs, still beating the

mixture, drop in small spoonfuls on buttered baking tin. Bake in quick oven. Takes about 8 minutes to bake. Will make about 30 cakes.

GOVERNOR E. J. LAKE, of Connecticut

Nut Cakes

Two eggs, 1 cup sugar, pinch of salt, 4 tablespoons flour, ¼ teaspoon baking powder, meats from 1 lb. English walnuts. Save out 15 or 20 walnuts for tops of little cakes and chop the rest and add to batter. One teaspoon of batter on greased tin for each cake.

DR. ROSE, U. S. P. H. Hospital Drexel, Chicago, Ill.
Through courtesy of Asst. Chief Dietitian, Mr. F. M. Bumsted.

Rich Cookies

One-half cup butter, ⅓ cup sugar, 1 well beaten egg, ¾ cup flour, ½ teaspoon vanilla, raisins, nuts, citron. Cream butter, add sugar gradually, eggs, flour and vanilla. Drop from top of spoon in small portions on buttered sheets, two inches apart. Spread thinly with a knife first dipped in cold water. Put four raisins, citron or almonds on each cookie. Bake.

U. S. SENATOR E. F. LADD, of North Dakota

Corn Flake Macaroons

Whites of 4 eggs, 1 cup granulated sugar, 3 cups of corn flakes, 1 cup shredded cocoanut, ½ cup walnut meats. Beat the whites of eggs very light and dry; add sugar and beat again; then add other ingredients; drop by teaspoon on well greased pans. Bake in moderate oven.

CAPT H. E. IRWIN, U. S. Navy
Commandant U. S. Navy Yard, Portsmouth, N. H.

Oatmeal Cookies

One-half cup butter, 1 cup sugar, 1 egg, ½ teaspoon salt, ½ teaspoon vanilla, 2 cups Quaker Oats. Beat butter into a cream, then add sugar and cream together. Add salt, then egg, beaten slightly. Stir in oatmeal until thoroughly mixed. Drop from small teaspoon 2 inches apart on baking sheet.

greased slightly with lard. Bake in moderate oven, watching constantly. Remove when well browned and let cool a few minutes before removing from baking sheet.

U. S. SENATOR B. M. FERNALD, of Maine
Chairman Committee on Public Buildings and Grounds

Walnut Goodies

First part: One cup sugar, ½ cup butter, 2 eggs, 1½ cups flour, 1 teaspoon baking powder, ½ teaspoon salt, 1 teaspoon vanilla. Second part: One cup chopped walnuts, 1 cup brown sugar, white of 1 egg, 1 teaspoon vanilla. Cream shortening and sugar; add eggs beaten; sift and mix flour, baking powder and salt; add to first. Butter tin and spread mixture over it, then beat white of egg stiff with brown sugar and vanilla. Spread over all. Bake ½ hour in moderate oven. Cut in squares while warm.

GOVERNOR E. J. LAKE, of Connecticut

Oatmeal Cookies

One cup of sugar creamed with 1 tablespoon butter, 3 well beaten eggs, 2 cups rolled oats, 2 teaspoons baking powder, 1 teaspoon vanilla, pinch of salt. Butter pan and drop ½ teaspoonful of mixture 3 inches apart. Will make about 60.

GOVERNOR O. H. SHOUP, of Colorado

Oatmeal Cookies

One cup of sugar, ½ cup melted butter, 2 eggs, 2½ cups oatmeal. Mix ingredients in order given and drop with teaspoon on buttered pans. Bake a light brown.

U. S. SENATOR L. H. BALL, of Delaware

Albany Cakes

One lb. of sugar, ½ lb. of butter and lard mixed, 1 egg, ½ pint sour cream with ½ teaspoon soda, 1¼ lbs. of flour. Let stand in icebox over night. In the morning roll in long pieces and twist around to form a small cookie. Sprinkle top with granulated sugar.

GOVERNOR N. L. MILLER, of New York

Brownies

One cup sugar, ½ cup melted butter, 2 eggs, 2 squares melted chocolate, 1 cup broken walnut meats, ½ cup of flour, pinch salt. Mix in order given and bake in moderate oven. When cool cut in pieces ½ inch in width.

W. R. WILLIAMS

Former Assistant Secretary of War

Soft Ginger Cakes

One cup black molasses, 1 cup granulated sugar, 1 cup butter, 1 cup sour milk in which ½ teaspoon soda has been dissolved, 3 beaten eggs, 2 tablespoons ground ginger; cream butter and sugar, then add other items. Add flour to make stiff batter. Bake in moderate oven in muffin rings or pan.

H. S. WATERMAN

American Consul, San Jose, Costa Rica

Surprise Cookies

One cup of chopped nuts, 1 cup granulated sugar, 2½ cups grated cocoanut, whites of 3 eggs and yolk of one, 2 tablespoons cocoa, pinch of salt, vanilla. Mix in saucepan and put on stove to melt together. Drop from spoon on buttered pan and bake in moderate oven.

UNITED STATES SENATE
Committee on the Library

March 20, 1922.

My dear Madam:

I received your letter of March 10th. I would be very glad to help you, but I don't know how to cook anything in the world except hard-boiled eggs, and I imagine everybody knows that. I can also make a cup of coffee, but when I do, I make it so strong that the dregs have to be drained out of it with cheesecloth. One good cup of it, though, threatens a man with **delirium tremens**. I don't think any of my recipes would help your book. My recipe for cooking hard-boiled eggs is to "put them in boiling water and then forget it." If you forget them long enough, they are hard-boiled.

Very truly yours,

JOHN SHARP WILLIAMS

CHAPTER XVI.

FROZEN DESSERTS AND BEVERAGES

Where there is no peace, there is no feast.—An Ancient Saying.

CHARLES EVANS HUGHES
Secretary of State

Frozen Strawberries

Mash 1 qt. of strawberries, add ½ cup of sugar and the juice of 1 lemon; stand aside for 1 hour, then add 1 pt. of water; turn into a freezer and freeze in the same way as ordinary ice cream. Turn the dasher slowly. Frozen strawberries may be served in punch glasses plain with a little whipped cream over them.

GOVERNOR WM. D. STEPHENS, of California

Orange Ice Cream

One pt. of California orange juice, 1 pt. of whipped cream, 1 pt. of plain cream and sugar to taste. Beat orange juice gradually into cream; freeze and pack 2 hours.

(Editor's Note: The orange has been named officially as the Golden State's favorite fruit.)

REAR ADMIRAL S. S. ROBINSON
United States Military Governor, Dominican Republic

Ice Cream from the Tropics

Grate the meat from 3 medium sized cocoanuts and wrap in cheesecloth; squeeze until all the milk is extracted; add to

the milk 4 tablespoons of granulated sugar, 2 cans of preserved jam, peaches, strawberries, apricots or raspberries. Freeze. This will serve 12 people.

Note: In places where ice cream is not obtainable it makes a good substitute for ice cream.

G. E. CHAMBERLIN
American Consul to Glasgow, Scotland

Apricot Sherbert

One qt. of preserved apricots, 1 large lemon, 4 oz. sugar and 1 pt. of water. Boil the water and sugar until they form a thick syrup (from 15 to 20 minutes), press the apricots through a sieve into the mixture, using only the juice in which they are preserved; add the lemon juice and when cold freeze as usual.

H. FOSTER BAIN
Director, Bureau of Mines

Blackberry Ice Cream

One qt. of milk thickened to consistency of cream, with flour and water (as one thickens gravy); cook 15 minutes in double boiler to remove taste of raw flour; sweeten to taste and add 1½ teaspoons of vanilla and about 2 cups of blackberry jam (or to taste), and freeze.

MAJ.-GENERAL D. C. SHANKS, U. S. Army

Fruit Acid

Four quarts of fruit and 2 qts. of boiling water. Put on the stove and let come to a boil. Put in a flannel bag and let drip. Add 1 cup of sugar to each of fruit and juice; add 6 ozs. of tartaric acid to the whole, and serve very cold.

GOVERNOR A. O. BROWN, State of New Hampshire

Uncooked Grape Juice

One quart of grapes (preferably wild), picked from the stems, 1½ cups of sugar. Fill jars with boiling water and seal. Leave for 6 months. Sterilize the jars thoroughly. After washing the grapes rinse them in sterilized water in the jar. Set jar in warm water while adding the boiling water.

COL. W. S. McNAIR
Chief-of-Staff, Army of Occupation, Coblenz, Germany

Combination Fruit Ice

Three oranges, 3 lemons, 3 ripe bananas, 3 cups of water and sugar to taste. Squeeze juice from the lemons and oranges, mash bananas to pulp with a fork; add water and sweeten generously. Freeze. Pineapple juice may be added.

GOVERNOR B. W. OLCOTT, State of Oregon

Dessert

Heat 2 cups of milk to the boiling point in double boiler. Beat yolks of 2 eggs very light and mix with ½ cup of sugar; add this to hot milk and cook it until custard coats the spoon; remove from the fire at this point. Soften 1 tablespoon of gelatine in ½ cup of cold water; add to the custard and let cool. Stir in 1 teaspoon of vanilla. Beat whites of eggs very stiff and fold into ½ pt. or 1 cup of whipped cream. As soon as the custard begins to set fold it into the whipped cream and eggs. Chill in mold and serve with sauce or whipped cream.

REAR ADMIRAL J. L. LATIMER
Judge Advocate-General, U. S. Navy, Washington, D. C.

Frozen Pudding

Three cups milk, 1 cup sugar, ⅛ teaspoon salt, 2 eggs, 1 cup heavy cream, ¼ cup rum substitute, 1 cup candied fruit. Cut fruit in small pieces and soak 1 hour in rum substitute to cover. Make custard of milk, sugar, salt and eggs, strain, cool, add cream and rum substitute and then freeze. Pack in mold and let stand 1 or 2 hours. Serve with whipped cream.

J. H. GOODIER
Former American Consul to Palma de Malorca, Spain

Charlestown Punch

Juice of 2 doz. lemons, 2 doz. limes, and 1 large diced pineapple, 1 qt. of seeded cherries, 2 qts. of ginger ale, 2 qts. of Appolinaris water, large piece of ice and sugar to taste. This beverage is used for receptions instead of punches having wine in them. A 100 per cent American beverage, being used for "D. A. R." receptions.

MAJ.-GENERAL CLARENCE R. EDWARDS

Ginger Ale

Put 1 qt. of chipped ice in a gallon jug, and add 1 lb. of sugar and 1 tablespoon strong ginger, and shake well. Add 1 pt. of best cider vinegar and fill the jug with water.

ALBERT OTTINGER

Asst. Attorney-General, Dept. of Justice, Washington, D. C.

Ginger Cream

Soak ½ box of pulverized gelatine in 1 cup of water (cold) for several hours. Add 1 cup of hot water, 1 cup of sugar, and some preserved ginger cut fine. Stir all together until it begins to thicken, then add 2 cups of whipped cream (stiff). Set away to harden in mold.

MAJOR O. N. SOLBERT

American Military Attaché to London, England

Mint Sherbet

Bruise in a mortar a bunch of mint and add 1 pt. of boiling water; steep for 20 minutes and strain carefully. Boil the mint water with 1½ cups of sugar for 10 minutes, then remove from fire and add juice of 3 oranges, 1 cup of pineapple juice, and the milk from a cocoanut. Turn into the freezer, and when half frozen add stiffly beaten whites of 2 eggs.

CHAPTER XVII.

JAMS AND PICKLES

It has been observed that "Change is the sauce that sharpens appetite."—An Ancient Saying.

FREDRICK M. RYDER
American Consul-General to Vancouver, B. C., Canada

Apple Ginger

Four pounds of sour apples, 4 lemons, 2 lbs. of sugar and 1 oz. of ginger root. Pare, core and chop apples; wash, remove seeds and chop lemons; add sugar and ginger root, and cook very slowly 6 hours. Pour into glasses and seal.

GOVERNOR M. C. MECHEM, State of New Mexico

Preserved Quince

This is different from the kind that our mothers used to make, but is very palatable. The quince flourishes in New Mexico to an unusual degree, and the quality of the fruit is the finest of any on the market. In preparing this preserve always ask for New Mexico quinces.

Take 12 large, ripe quinces and peel and quarter them, leaving the seeds and core, and boil in clear water slowly until tender. While hot, press them through a colander, or remove the seeds and cores and run the fruit through a meat grinder.

To 1 cup of quince take 1 cup of sugar and mix in a graniteware kettle, and cook slowly about ½ an hour, or until you are able to see the bottom of the kettle through the liquid, and if none of the mixture sticks to the pan it has cooked enough. Take it from the stove and beat it as you would beat

an egg, continually, until it becomes cold, when it should be put in small molds, just large enough for serving 1 person. As soon as it has hardened it is ready to use.

It is difficult to give exact directions for making this preserve, but if one acquires the art of it they will find it well worth the effort.

U. S. SENATOR MILES POINDEXTER, State of Washington
Chairman, Committee on Mines and Mining

Orange Marmalade

One grapefruit, 1 orange and 1 lemon. Slice the fruit peel and all; to 1 cup of fruit add 3 cups of cold water, letting it stand over night; next day boil until the rind is tender, letting it again stand over night. To 1 cup of fruit add 1 cup of sugar. Let juice come to a boil and add sugar, letting it boil until it jellies.

FRANK W. MAHIN
American Consul to Amsterdam, Netherlands

Raspberry Jam

One and ¼ lbs. of sugar to 1 lb. of fruit. Put the sugar in preserving kettle and allow to melt slowly on the back of the stove, being careful it does not burn; it will take several hours for the sugar to melt. When very hot add the raspberries and boil very fast 3 minutes, when it will be clear and ready to put in glasses. Currants or strawberries may be treated in the same way.

Note: This method of making jam gives all the flavor of fresh fruit and beautiful color.

U. S. SENATOR D. W. FLETCHER, State of Florida

Orange Marmalade

One orange, 1 lemon, and 1 grapefruit (thick skinned is best). Remove skins in quarters. Boil ¾ of an hour; change water and boil ¾ of an hour; repeat and drain; ¼ of peel strip in fine pieces and ¾ of peel grind coarsely in meat chopper. Slice the fruit, remove seeds, core; mix with the peel and cover with 3 times its weight in water. Boil 1 hour. Add equal weight in sugar and boil 1 hour, or until the syrup is the color of amber and as thick as honey. Put into glasses; cover with melted paraffine when cold.

MAJ.-GENERAL WILLIAM WIEGEL, U. S. Army

Celestial Jam

Put through food chopper 1½ lbs. of raisins (seeded), 2½ lbs. pitted cherries, 4½ large oranges, pulp and rind, and 5 lbs. of sugar. Boil very slowly 1 hour. Seal while hot.

"My dear Mrs. Brebner:

"Please pardon by long delay in answering your letter of March 15, 1922. I have been waiting for my property to arrive from Camp Dix, N. J., in which I have many valuable recipes gathered during my long service in the army, but, at the present time, this property is still somewhere en route. Hence, I will consider it a favor if you will put my name to one or more recipes that you may furnish to put in your book.

"I heartily indorse your work, and I believe a book of this kind will bring in a good revenue to the dependent families and wounded of our late war. No doubt it will be both valuable to the people who buy such a book for the many valuable recipes contained therein, but, in addition, it will be a souvenir of this generation to the generations to come in that it contains the names of the distinguished men of this time. I assure you that you have my hearty support, and you are at liberty to associate my name with one or more recipes that you may select.

"I deem it an honor to be asked to contribute this mite to such a worthy cause. I trust my tardiness in writing may not have held up your publication.

"Sincerely yours,
"WILLIAM WEIGEL,
"Brig.-General, U. S. Army."

L. L. KEENA
American Consul-General to Warsaw, Poland

Pineapple Conserve

One lb. of dried apricots which have been soaked 1 hour, 1 large diced pineapple, 4 oranges and ½ lb. of English walnut meats. Gently simmer and add to each cup of fruit 1 cup of sugar. When consistency of marmalade it is ready to seal.

MAJ.-GENERAL JOHN F. MORRISON, U. S. Army

Grape Conserve

Five pounds of grapes, 4½ lbs. of sugar, 1 lb. of raisins and ½ lb. nuts. Pulp grapes and cook until seeds may be removed easily; then strain and add skins and other ingredients. Cook about 30 minutes.

BRIG.-GENERAL J. L. KERNAN, U. S. Army

Blackberry Pickle

Boil 7 lbs. of blackberries with 5 lbs. of sugar and 1 pt. of best cider vinegar until berries are done. Skim out the berries, boil the juice until thick as syrup, pour over the berries, cover and keep in cool (not cold) place. Will keep several months without being sealed.

GOVERNOR N. L. MILLER, State of New York

Pumpkin Conserve

Pare and cut in small pieces (cubes) 7 lbs. pumpkin, 5 lbs. sugar, mix and stand over night. In morning slice 1 orange and 3 lemons. Bring all to a boil and simmer until done.

GOVERNOR ROBERT D. CARY, State of Wyoming

Chutney

Four cups of sliced sour apples, 8 cups of chopped green tomatoes, 4 cups of chopped raisins, 1 shallot, chopped, ¼ cup of salt, 2 onions chopped, 6 cups of brown sugar, 1 qt. of best vinegar, 1 inch of ginger root, and 1 teaspoon of cayenne pepper. Mix all ingredients and cook all day. Cool, then boil hard for 5 minutes, stirring constantly. Fill sterilized jars; seal while hot.

CONGRESSMAN A. T. SMITH
Chairman, Committee on Alcoholic Liquor Traffic

Sweet Pickles

Take ordinary sour cucumber pickles and slice them very thin. Place between the layers of the sliced pickles sugar, mixed with pickling spices. Let them stand for 24 hours before using and serve in quantity desired.

U. S. SENATOR F. B. WILLIS, State of Ohio

Corn Salad

Twelve large ears of corn, 13 large onions, large stalk of celery, 4 green peppers, 4 red peppers, ¼ cup of salt, 1 small cabbage, 3 pts. of best cider vinegar, and 2 lbs. of brown sugar. Cut corn from the cob and grind with other ingredients. Boil all together for 20 minutes; take from fire and add 3 teaspoons of mustard dissolved in cold water. Seal while hot.

Mrs. Gertruble Stafford Brebner,
Chicago, Illinois.

"I congratulate you on your very laudable 'double-barreled' ambition. It is certainly a fine and noble idea to aim for such beneficial and material assistance for the Disabled Veterans, and it is almost equally praiseworthy to teach the people of this country how to cook. I am only sorry that I can't write you out a recipe, but you are quite at liberty to tag any dish south of the Mason and Dixon Line with my mark. I make this condition, as I was bred in 'Old Kentucky,' and my tastes sorter run to Southern dishes."—General Radford.

CHAPTER XVIII.

CONFECTIONERY

There is a best way to do everything, even if it be but to boil an egg.—R. W. Emerson.

BRIG.-GENERAL J. W. RUCKMAN

(Placed in memory of General Ruckman by his daughter, Marjorie Campbell Ruckman.)

Fudge

Two cups of granulated sugar, 1 cup of milk, 1 tablespoon of butter, ½ cake Baker's unsweetened chocolate, vanilla extract. Shave the chocolate; add milk, sugar and butter. Cook over gradually increassing fire for about 20 minutes, stirring constantly or until it "balls" when dropped in cold water. Remove from stove and beat hard for 3 or 4 minutes; then add vanilla and pour into buttered pans.

GENERAL G. W. GOETHALS

Marchpane, Lubeck Style

Blanch and skin 1 lb. of fresh sweet almonds. Cut out all discolored parts, wash, dry with a cloth, grate as fine as possible or pound to a paste; then put on slow fire with 1 lb. sifted powdered sugar and 1 tablespoon orange blossom water in a graniteware saucepan, and stir until it no longer sticks to the hand. Then pour at once on board sprinkled with sugar, roll out to desired thickness, using a little more sugar if required.

This paste can be cut in fancy shapes, or molded into pears, apples, bananas, etc., or a large round disc may be decorated with rim of the same material and the center ornamented with molded fruits, the rim dented fancifully and inlaid with candied orange or lemon peel cut in small squares, lozenges, triangles,

bars and circles. When done, dry in a cool oven. The paste must remain white and soft. The fruits may be colored with candy coloring.

PAUL JOSSELYN
Assistant Chinese Secretary, American Legation, Peking, China

Soft Nougat

Whip ½ lb. powdered sugar and whites of 3 eggs in granite ware saucepan over hot fire to thick batter. Then add ½ lb. blanched and chopped almonds, 1 tablespoon vanilla sugar and if desired, 2 ozs. candied orange peel chopped. When well mixed, spread out evenly on wax paper, in a shallow pan, about 1 inch thick, lay wax paper on top, put another pan on top as a weight and dry 5 minutes in moderate oven. Then cut up quickly or shape into a horn of plenty, or basket, before it hardens.

W. A. BICKERS
American Consul to Pureto Plata, Dominican Republic

Cocoanut Candy

One cocoanut coarsely chopped, 1 lb. of sugar, ¾ pt. of water, 1 inch of ginger with a little lemon rind. Boil all ingredients together, being careful not to burn, until it threads, then drop with a teaspoon onto buttered plates, and allow to cool.

ALBERT HALSTEAD
American Consul-General to Montreal, Canada

Chocolate Loaf Candy

Four cups granulated sugar, 1 heaping tablespoon butter, 1½ cups sweet cream, 1 oz. of chocolate (dissolved in a little warm water), 1 tablespoon glucose (can be omitted). Place over fire and stir until it begins to boil. Do not stir after it boils. Cook until it forms a soft ball when dropped in cold water. Pour on buttered platter to cool. Do not scrape kettle. When cool work into heap with wooden spoon or paddle, add 1 tablespoon vanilla, stir until the whole mass grains. Cover with damp cloth and let set ½ hour, then with the hands work it until soft and smooth, add 1½ cups nut meats, shape into loaf and slice.

GEORGE ORR
American Consul to Panama City, Panama

Pralines

Put 1 cup of powdered sugar, ½ cup of maple syrup, and ¼ cup of cream in blazer. Bring to the boiling point, and let boil until a soft ball may be formed in cold water. Extinguish flame, and heat mixture until creamy. Add 1 cup of pecan or walnut meats.

U. S. SENATOR H. S. NEW
Chairman, Committee on Territories and Insular Possessions

Cocoanut Steeples

Grate a small cocoanut and mix it with ⅔ of a cup of granulated sugar. Then stir in the white of 1 egg, beaten stiff; roll in small balls and form a peak on the top. Bake in a quick oven till the top of the peak turns brown.

HUNTER SHARP
American Consul to Edinburgh, Scotland

Turkish Candy

Two pounds of sugar, 1 lb. of glucose, ½ lb. almonds (or nuts of any kind) chopped, ½ cup water, whites of 2 eggs beaten, teaspoon vanilla. Boil sugar, glucose and water together until brittle when dropped in cold water, remove from fire and add slowly the whites of eggs, nuts and vanilla. Stir until very thick and white. Pour into mold and when cold cut in slices.

EDWARD E. BRODIE
American Minister to Bangkok, Siam

Allegrette

Two cups granulated sugar, ½ cup milk, about ½ cake Baker's bitter chocolate. Cook sugar and milk together slowly until it forms a soft ball in cold water. Then beat until hard enough to roll in balls about the size of a hickory nut. Place these on a buttered platter and let cool. Steam chocolate over teakettle until soft. Use small fork for dipping fondant in chocolate. Then place each one on oiled paper. Drop ½ walnut on top of each candy before chocolate dries.

MAJ.-GENERAL LEONARD WOOD
Governor-General, Philippine Islands

Glazed Fruit

The best glazing for fruits is fondant, but a good glazing is made as follows: Boil to hard ball (247°), without stirring, 2 cups of sugar in 1 of water. Put each fruit or nut on new hat pin or knitting needle, dip carefully into hot syrup and place on buttered or waxed paper. For a heavy coating dip a second time when cold. Pecans, walnuts, Brazil nuts, cherries, raisins, grapes may be glazed in this way, also seedless oranges, peeled and carefully separated into sections without breaking into the pulp.

BRIG.-GENERAL ROBT. C. DAVIS, U. S. Army

Crystallized Bananas

Remove skins from large ripe bananas, cut into slives ¼-inch thick, sprinkle with fine sugar, lay out on boards and dry in the sun, each day, turning over several times as fruit dries, and dust with sugar. In a few days it becomes a delicious and delicately flavored fruit.

CONGRESSMAN F. W. MONDELL, State of Wyoming

Sugarless Sweets

One cup of stoned dates; add 1 cup of raisins and 1 cup of nuts (ground). Run all through food chopper and roll in balls. Coat with chocolate or roll in cocoanut if desired.

U. S. SENATOR T. H. CARAWAY, State of Arkansas

Caramel Almonds

Toss or mix ½ lb. of blanched, skinned and well dried almonds in 1 dessert spoon of butter, until well covered, pour into candy tin and bake to a delicate brown in moderate oven, stirring frequently. Then stir into ½ cup of sugar boiled to the caramel stage, until well coated, pour on buttered slab and break apart when cold.

GLOSSARY

Anchovy—A fish caught in the Mediterranean.

Anchovy Essence—Consists of pounded anchovies cooked with water, vinegar, spices, and mushrooms.

Angelica—A plant, the stalks of which are preserved, used for decorating.

Appetizers—Cold hors d'œuvres, side dishes, served preliminary to the dinner, supposed to create an appetite for something more substantial.

Au, Aux—To or with.

Bain-marie—A double boiler.

Bisque—A paste or purée.

Blanch—To scald.

Bombe—Ices in a mold, an outside coating of one kind, a filling of another.

Bouchée—Mouthful.

Bouillon—Beef broth.

Brioche—A bread made rich with eggs.

Brochette—A skewer.

Caviare—Salted and smoked sturgeon roe.

Cutlets—Steaks of veal, lamb, mutton, or pork.

Entrée—A made dish served as a course or between courses.

Foie-grass—Fat liver; especially the liver of fat geese.

Fondue—Cheese and eggs cooked together.

Fondant—Cooked and beaten sugar, ready to flavor and mold for centers of bonbons.

Francaise—In French style.

Frappé—Half frozen.

Fricassee—Originally meat fried and served with a sauce.

Gherkins—Small cucumbers.

Giblets—The neck, liver, gizzard, and heart of poultry or game.

Glacé—Glossed over.

Hors d'œuvres—Side dishes.

Italienne—In Italian style.

Jardiniere—Mixed vegetables.

Koumiss—Fermented milk.

Macedoine—A mixture of several fruits or vegetables.

Marrons—Chestnuts.

Mayonnaise—Salad sauce.

Meringue—Mixture of sugar and white of egg beaten together.

Mignon—Small.

Mousse—Moss, froth, something light and spongy.

Mulligatawny—Curry soup.

Noir—Black.

Papillote—Paper.

Parfait—Perfect.

Paté—Paste.

Pilaf—Turkish dish of rice and tomatoes.

Potage—Soup.

Printaniere (a la)—With young spring vegetables.

Purée—Ingredients rubbed through a sieve.

Ragout—A highly seasoned fish or meat dish.

Rissoles—Something crisp.

Riz—Rice.

Rioux—Butter and flour mixed and used for thickening.

Scones—Scotch name for baking powder biscuit.

Sorbet—Frozen punch.

Soufflé—A puff, something light and fluffy.

Syllabub—Old English name for whipped and flavored cream.

Canapés are made from white, graham, and brown bread, sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures. Served hot or cold.

VEGETABLES AS MEDICINE

Watercress is an excellent blood purifier.

Lettuce has a soothing effect on the nerves and is excellent for sufferers from insomnia.

Tomatoes are good for a torpid liver, but should be avoided by gouty people.

Spinach has great aperient qualities, and is far better than medicine for sufferers from constipation. It is also excellent for kidney troubles.

Beet root is fattening and food for people who want to put on flesh. So are potatoes.

Parsnips possess the same virtues as sarsparilla.

Apples, carrots and Brazil nuts are excellent for sufferers from constipation.

Raw carrots cure indigestion. When cooked they will cure asthma.

Celery contains sulphur and helps to purify the blood.

CHAPTER XIX.

SPOON BREADS

Economy is the household mint.—Old Proverb.

COL. GEORGE HARVEY
American Ambassador to England

Delicious Ginger Bread

One cup of sour cream, 1 cup of molasses, 1 cup of sugar, 1 egg, 1 teaspoon each of soda, allspice, ginger and cinnamon, ½ teaspoon of salt, 2 cups of flour, 1 cup of raisins and ½ cup of walnut meats (floured). Mix in order given. Bake in medium oven.

REAR-ADMIRAL J. W. OMAN, U. S. Navy

Thin Ginger Bread

One cup of sugar, generous ½ cup of butter, ¾ cup of milk, 1½ scant cups of flour, 1 scant teaspoon of ginger and a pinch of salt. Spread on tin sheets (very thin). Bake in quick oven and cut in squares while hot.

J. G. EMERY
Former National Commander of the American Legion

Ginger Bread

One-half cup of brown sugar, ¼ cup of olive oil, ½ cup of molasses, ½ cup of hot water, ½ teaspoon of soda dissolved in water, 1 cup of flour, ½ teaspoon of ginger, ½ teaspoon of cinnamon, and 1 egg, beaten light, added last. Bake in a very slow oven. Eat while warm.

ALBERT B. FALL
Secretary of the Interior

Soft Ginger Bread

Two eggs, 1 cup of molasses, 1 level teaspoon of soda, 1 tablespoon of butter and 1 heaping tablespoon of ginger. Dissolve the soda in 1 cup of boiling water, add to the above ingredients, which have been thoroughly mixed, then add 3 cups of cake flour. Bake in a quick oven. Serve with hard sauce.

COL. PETER MURRAY, U. S. Army, Governor's Island, N. Y.

French Ginger Bread

Sift 1½ lbs. of flour, ½ lb. of rice flour, 1 oz. of baking powder together 6 times. Put 1 pt. each of honey (or molasses) and butter in warm jar and keep warm, until butter is melted. Mince the rind of 2 lemons, and mix with ½ pt. of almond paste, 2 ozs. of ground ginger, ½ teaspoon ground nutmeg and pinch of ground clove. Stir the liquid into the flour, also spices, and beat hard 20 minutes. Bake in 2 or 3 buttered pans in moderate oven. Cover with light icing and cut when cool.

REAR-ADMIRAL BENSON, U. S. Navy

Spoon Bread

One cup of cornmeal scalded with almost boiling hot water, stirring constantly add 2 cups of milk, 2 eggs, lump of shortening and a little yeast or baking powder. Batter must be thin to be good. Bake in a deep dish. Serve hot.

GOVERNOR J. B. A. ROBERTSON, State of Oklahoma

Southern Spoon Bread

Heat 1 pt. of fresh milk, nearly to boiling; gradually stir in ½ cup of cornmeal and cook until the consistency of mush, add ½ teaspoon of baking powder, 1 teaspoon of salt, and the yolks of 4 eggs beaten light; fold in the egg whites, beaten until stiff. Pour into a greased baking dish and bake ½ hour. Serve at once with butter from the dish in which it was baked.

MAJOR-GENERAL M. M. PATRICK, U. S. Army
Chief of the Air Service, War Department

Virginia Spoon Bread

One cup of white cornmeal (water ground if possible), 3½ cups of sweet milk, 2 eggs, ½ teaspoon of salt, 1 tablespoon each of butter and lard, 2 teaspoons of baking powder. Melt butter and lard together, put milk and lard and butter with eggs; put baking powder and salt in cornmeal; mix liquids and meal. Bake in moderate oven in deep dish, 40 minutes.

GOVERNOR HENRY J. ALLEN, State of Kansas

Spoon Corn Bread

Heat 1 pt. of milk to the boiling point and stir in ½ pt. of cornmeal and ½ teaspoon of salt, but do not work. Separate the whites and yolks of 4 eggs and stir yolks into batter. Add the whites last, stirring as little as possible. Bake in moderate oven.

BRIG.-GENERAL J. L. HINES, U. S. Army
Ft. Sam Houston, Texas

Virginia Spoon Bread

Heat ½ pt. of sweet milk to boiling point, stir in ½ cup of cornmeal, cook 5 minutes; then beat tablespoon of butter and ½ remaining milk (¼ pt.) into the mush, add 1 beaten egg, beat vigorously once more. Gradually beat in remaining milk. Put mixture into buttered dish and bake 25 minutes in hot over. Serve at once.

CAPT. RALPH EARLE, U. S. Atlantic Fleet
At Anchor, Guantanamo Bay, Cuba, U. S. S. Florida, Flagship

Rich Corn Bread

One cup of cornmeal, 1 cup of flour, 4 teaspoons of baking powder, ¼ cup of sugar, ½ teaspoon of salt, 1½ cups of milk, ¼ cup of butter and 2 eggs. Mix dry ingredients, add eggs well beaten with milk and batter melted; bake in shallow pans well-greased in hot oven 15 to 20 minutes.

GOVERNOR THOMAS E. KILBY, State of Alabama

Corn Bread

Beat lightly the yolk of 1 egg, 1 pt. of buttermilk or clabber, 1 tablespoon melted lard, add corn meal to the consistency of batter bread; last thing add ½ teaspoon of soda and white of egg, well beaten. Pour into hot pan (an iron skillet is best). Do not permit batter to stand a minute after mixing.

BRIG.-GENERAL H. JERVEY
U. S. Army

Virginia Batter Bread

One cup of corn meal, 1 tablespoon of lard and 1 teaspoon of salt; mix with 2 cups of boiling water; add 2 eggs and beat well, adding 1 cup of milk last. Bake in pudding dish and serve in same, using spoon.

ADMIRAL A. GLEAVES
U. S. Navy, Commandant First Naval District, Navy Yard,

Boston, Mass.

Virginia Corn Bread

One quart of white corn meal, 1 qt. of milk, 3 eggs, pinch of salt. Boil 1 pt. of milk and pour on the meal; beat eggs separately, add the other pint of milk and eggs to the scalded meal. Melt butter in the baking dish and pour in the batter (have dish hot when batter is poured in). Bake 20 minutes.

BRIG.-GENERAL C. G. LONG
U. S. Marine Corps

Bannock

One cup of Baltimore pearl meal scalded with 2 cups of milk; when cool add piece of butter size of an egg, 1 tablespoon of sugar, pinch of salt, yolks of 2 eggs; when well mixed add the whites of 2 eggs, beaten to a froth. Bake 20 minutes in a deep pie plate. Serve at once.

HERBERT C. HOOVER
Secretary of Commerce

Spoon Bread

One cup of corn meal (white or yellow), 1 cup of sweet milk, 2 cups of boiling water, 1 or 2 eggs, butter size of walnut, and 1 teaspoon of salt. Put the meal into sauce pan and pour boiling water over it. Add the salt and butter while cooking. Cook this 5 minutes, stirring constantly. Remove from the stove and add (stirring the mixture) the milk and eggs (which should be beaten well). Bake in moderate oven 30 minutes, using shallow pans. The addition of rice, about 2 tablespoons, will greatly improve this bread.

CONGRESSMAN T. M. BELL, State of Georgia

Light Corn Bread

Take 1 gal. of corn meal, 1 heaping teaspoon of soda, and mix with enough hot water to make a soft dough. Put in a vessel to rise (takes about 7 hours) and stand in a warm place. Take 2 cups of flour, 2 cups of syrup and 1 heaping teaspoon of soda, mix well and add to risen dough, which will be thin. Put in a greased covered pan and bake in a slow oven 3 hours, or until done. This makes a large loaf.

CAPT. W. M. CROSE
Commandant U. S. Naval District, Cavite, Philippine Islands

Hasty Coffee Cake

Four tablespoons of butter, ½ cup of sugar, ½ cup of milk, 1½ scant cups of flour, ¼ teaspoon of salt, 1 egg, and 3 teaspoons of baking powder. On top of batter, in the baking pans, put lumps of butter, cinnamon and nuts. Bake as other coffee cakes.

KNOX ALEXANDER
American Consul to San Luis Potosi, Mexico

"Ellen Maria"

One cup of brown sugar, 1 cup of sour milk, 2 cups of flour, ½ cup of shortening, 3 teaspoons of cinnamon, 2 tea-

spoons of cloves, 2 teaspoons of allspice, 1 teaspoon of soda, ½ cup of currants, ½ cup of raisins, ½ cup of chopped nut meats, 1 tablespoon of molasses and 2 eggs. Put the soda in the dry flour, put all ingredients in the mixing bowl, and beat hard 3 minutes. Bake in loaf, layers, or muffin rings. This recipe makes a good cake, leaving out nuts, raisins and currants.

GEORGE ORR
American Consul to Panama City, Panama

Yankee Peach Cake

Stir 2 teaspoons of baking powder, ½ teaspoon of salt with 2 cups of flour. Work in ¼ cup of butter. Add 1 beaten egg to 1 cup of milk and stir into flour. Butter pie tin and pour in mixture, pressing into tops of dough, 6 peaches, peeled, stoned, and cut in quarters. Mix 1 tablespoon of cinnamon and 3 tablespoons of sugar, and sprinkle over the top. Bake and serve with butter.

GOVERNOR P. P. BAXTER, State of Maine
Through courtesy of Mrs. Susan Ballou

Kaffee Klatch

Four eggs, 1 cup of sugar, 1 cup of flour, 1 teaspoon of baking powder, 1 tablespoon of coffee essence. Beat yolks of eggs with sugar, add flour and baking powder, coffee essence, and last, beaten whites of the eggs. Bake in 2 round tins. Whip ½ pt. of cream and place between the layers (unsweetened). Icing: White of egg (beaten stiff), with ½ cup of confectioner's sugar flavored with coffee essence.

COMMANDER M. K. METCALF
Department of the U. S. Navy, General Board

Coffee Cake

One cup of sugar, 1 cup of flour, 1 tablespoon of lard, 1 tablespoon of butter. Mix and take out a scant ⅓; to what is left add 1 slightly beaten egg, 1 cup of milk, 1 cup of flour, 2 teaspoons of baking powder and pinch of salt. To what is

reserved add 1 teaspoon of cinnamon and spread over the top. Bake 25 minutes in moderate oven.

W. M. MOONEY
Chief Clerk and Superintendent Post Office, Washington, D. C.

Blackberry Gems

Line small gem pans with rich biscuit dough; fill the center with blackberries, sprinkle with sugar and bake in a quick oven. Turn out with care; dust with confectioner's sugar and serve with cream.

W. K. WILLIAMS
Former Assistant Secretary of War

Pop Overs

Four eggs, 1 pt. of milk, 1 pt. of flour, ½ level teaspoon of salt, butter the size of an egg. Makes thin batter. Bake in muffin rings ½ full, in very hot oven. About 20 minutes required.

CONGRESSMAN J. W. FORDNEY, State of Michigan
Chairman, Ways and Means Committee

Graham Gems

One egg, ½ cup of brown sugar, 3 cups of buttermilk, 1 teaspoon of salt, 3 teaspoons of soda (scant), 3 cups of graham flour, sifted before measuring, and 2 tablespoons of melted butter. Bake in gem pans.

BRIG-GENERAL W. S. GRAVES
U. S. Army, Camp Dix, N. J.

Pop Overs

Two eggs, pinch of salt, large coffee cup of milk, same cup not quite full of flour; beat eggs well together, add the salt, then the milk, beat all together with egg beater (never use a spoon). Bake in cold gem pans in quick oven, but not hot enough to brown before pop overs have a chance to rise.

FRANK O. LOWDEN

Former Governor, known as "Illinois' War Governor"

Graham Muffins

One egg, 1 teaspoon of salt, 2 cups of milk, 2 tablespoons of melted butter, 1¼ cups white flour, 1¼ cups of graham flour, and 2 teaspoons of baking powder. To the beaten egg, add the salt and milk; stir in the flour and the butter; add the baking powder. Bake in a hot oven until brown (about 20 minutes).

COLONEL FRANK WHITE

Treasurer of the United States

Note: Colonel White's favorite Sunday morning breakfast consists of bacon, fried apples and coffee.

Date Muffins

Two tablespoons of butter creamed with ¼ cup of sugar, 2 well beaten eggs, 1 cup of milk, 2 cups of flour, 2 teaspoons of baking powder. Beat thoroughly together; add 1 cup of finely cut dates. Bake in quick oven 20 minutes. Makes 1 dozen muffins.

COL. F. W. PHISTERER

U. S. Army, Ft. McPherson, Georgia

Sally Lunn

Two eggs, 2 tablespoons of melted butter, 1 cup of sweet milk, 2 tablespoons of sugar, 2 cups of flour and 2 teaspoons of baking powder.

GEORGE WASHINGTON'S FAVORITE BREAKFAST BREAD

Sent through courtesy of a Rear Admiral in the U. S. Navy

Sally Lunn

Two cups of flour, butter size of egg, 2 eggs, 1 cup of milk, 1 teaspoon of sugar, ½ teaspoon of salt, ¼ yeast cake dissolved in a little warm water. Rub the butter in the flour with salt and sugar, add the eggs beaten separately, yeast and milk. It should not be a thin batter; some flour takes more liquid than others. Leave out some milk if necessary. Set to rise in cups, or in loaf pans, several hours, or all night. Bake in a moderate oven as for rolls.

Note: Sally Lunn was George Washington's housekeeper and her name is given to the dish.

USES OF LEMONS

The lemon is not sufficiently appreciated from a hygienic standpoint; for instance:

Lemon juice removes stains from the hands.

A dash of lemon juice in plain water is an excellent tooth wash; it not only removes the tartar, but sweetens the breath.

Lemon juice applications will allay irritation caused by the bites of insects.

The juice of a lemon taken in hot water on awakening is an excellent liver corrective, and for stout people is better than any "anti-fat" medicine ever invented.

Glycerine and lemon juice, half and half, on a bit of absorbent cotton is the best thing in the world wherewith to moisten the lips of a fever-parched patient.

Lemon juice and salt will remove rust stains.

For a manicure aid lemon juice is all that is necessary for loosening the cuticle and for brightening and cleansing the nails.

Save your lemon rinds and dry them for kindling; a handful will revive a dying fire.

HELPFUL HINTS

COMMON WAYS OF COOKING FOOD

Baking is cooking in confined heat in the oven. Examples: Bread, cake, meat. This method when applied to meat is commonly called roasting. Before baking, see that the oven is clean and heated to the desired temperature.

Boiling is cooking by immersion in water at 212°. F. Examples: Potatoes, cabbage, macaroni.

Braising is a combination of stewing on the top of the range, and baking in the oven, with or without vegetables. Examples: Tough meats, fowl, whole liver.

Broiling or Grilling is cooking over or under direct heat, as over glowing coals or under a gas flame. Examples: Steaks, chops.

Fricasseeing is commonly a combination of stewing and sautéing. Examples: Fowl, forequarter of lamb or veal.

Frying is cooking by immersion in hot, deep fat. Examples: Doughnuts, croquettes.

Pan-baking or Pan-broiling is cooking in a lightly greased or ungreased hot frying pan or griddle. Examples: Steak, English muffins, griddle cakes.

Pot Roasting is cooking in an iron kettle or earthen pot in a small amount of water, after meat has been quickly browned in a small amount of fat in the frying pan or kettle. Cook slowly until very tender with or without vegetables.

Roasting is cooking before an open fire. This method is seldom used in small households, although the baking of meats is commonly called roasting.

Sautéing is cooking in a small amount of fat in a shallow pan on top of range. Examples: Sliced fish, meat, potatoes, eggs.

Simmering is cooking in liquid at 185° F. The bubbles should always be below the surface. Examples: Ham, corned beef, soups.

Steaming. Dry Steaming is cooking by heat or steam, as in double boiler or tin, over or surrounded by boiling water. Examples: Rice, brown bread.

Moist Steaming is cooking by direct contact with steam, as in a steamer or colander, over boiling water, closely covered. Examples: Fowl, puddings, dumplings.

Stewing is cooking slowly in a small amount of water (about 160° F.) until food is very tender. Examples: Beef, lamb, vegetables.

TABLE OF WEIGHTS AND MEASURES

1 teaspoon	= 60 drops
3 teaspoons	= 1 tablespoon
16 tablespoons	= 1 cup
1 cup	= ½ pint
2 pints	= 1 quart
Butter, 2 tablespoons solidly packed	= 1 ounce
Butter, 2 cups solidly packed	= 1 pound
Chocolate, 1 square	= 1 ounce
Coffee, 4⅓ cups	= 1 pound
Eggs, 9 in shells	= 1 pound
English Walnuts, chopped, 5 cups	= 1 pound
Flour, 4 tablespoons	= 1 ounce
Flour, Pastry, 4 cups	= 1 pound
Flour, Bread, 4 cups	= 1 pound
Flour, Entire Wheat, 3⅞ cups	= 1 pound
Flour, Graham, 4½ cups	= 1 pound
Meat, 2 cups finely chopped	= 1 pound
Oatmeal, 2⅔ cups	= 1 pound
Oats, Rolled, 5 cups	= 1 pound
Rice, 1⅞ cups	= 1 pound
Rye Meal, 4⅓ cups	= 1 pound
Sugar, Brown, 2⅔ cups	= 1 pound
Sugar, Confectioner's, 3½ cups	= 1 pound
Sugar, Granulated, 2 cups	= 1 pound
Sugar, Powdered, 2⅔ cups	= 1 pound
Sugar, or Salt, 2 tablespoons	= 1 ounce

WHEN COOKING OYSTERS

Never salt soups or stews until just before removing from the fire.

In frying oysters a little baking powder added to the cracker crumbs will greatly improve them.

Escalloped oysters retain their flavor better if covered while cooking.

Half the liquor, heated, or hot milk, may be poured over escalloped oysters when half baked.

It is always better to handle oysters with a fork, as contact with the hands may make them tough.

DIGESTIBLE CABBAGE

Cabbage is made digestible by first slicing and then putting in boiling water with a pinch of soda and some salt, and boiling just 15 minutes.

PRUNE DESSERT

Soak prunes over night. Boil slowly until very tender. Sweeten to taste. When they have cooled in their own liquor, pierce one side with a pointed knife, remove the stone and fill with chopped nuts and raisins, mixed. Serve with whipped cream.

TENDER PINEAPPLES

The toughness of pineapples is almost entirely eliminated by slicing the fruit up and down, from stem to blossom end, instead of through the core as is usually done. Thrust a fork into the blossom end to hold the apple steady and slice until you come to the hard, pithy core, which can then be discarded. This trick was taught me by an old pineapple grower and makes all the difference in the world in the tenderness of this fruit, which is usually hard and chippy when sliced with instead of against the grain.

POULTRY

For market, dry picking is the best way—that is, pulling out the feathers immediately after killing, while the poultry is still warm, but for home consumption, the scalding method is quicker and easier. After killing dip in scalding hot water and move about for a few minutes, then pick as quickly as possible. Ducks should be scalded a little longer and then wrapped in canvas or any close cloth, to steam about 5 to 10 minutes, after which the feathers can be easily pulled. The hairs should be singed off by holding and turning the poultry in the flames of a lighted twist of paper, or some burning alcohol. Wash thoroughly and dry, and then lay on several folds of paper, and clean at once. The quicker poultry is cleaned, the better, but it is best not to cook it until 24 hours after killing.

After singeing, and before drawing, pull out all pin feathers, then clut off the head, and next cut through the skin around each leg, about 1½ inches below the first leg, being careful not to cut tendons. Place the leg with the cut over the edge of a table, press downward to snap the bone, then take the foot in the right hand, holding the bird firmly in the left hand, and pull off the foot, and with it the tendons. Make a lengthwise cut through the skin just below the breast bone, large enough to admit the hand, and remove the entrails entire, by first carefully loosening them all around, and then bringing the hand forward, grasping the entrails firmly, and with one pull drawing them out. The lungs and kidneys, on either side of the backbone, should next be removed, and then the windpipe and crop, close to the skin of the breast, by inserting two fingers under the neck skin. Draw down the skin and cut the neck off close to the body, leaving on enough skin to close up the opening after the crop is partly filled with a little dressing. The giblets (gizzard, heart and liver) should next be carefully separated from the entrails, being careful not to break the gall bag attached to the liver, the bile from which would impart an extremely bitter flavor to any parts it came in contact with. Then wash the bird thoroughly in and outside, rub with salt, and let hang in a cool place over night.

CANNING PIE PLANT

Pick when it is long and good, cut up and put in glass fruit cans, press down, cover with cold water, seal and put away. It will keep fresh until the new crop comes. In sections where the fruit is scarce, it can be easily raised, and is easily kept as described.

PICNIC SANDWICHES

Bake the bread in quart cans and press the chopped meat or chicken in cans of the same size. When both are cold put very thin slices of meat between two buttered slices of the bread. If your bread and meat are good, you will be proud of your sandwiches.

WHEN BAKING

If a handful of salt is put on bottom of oven under pans when baking ginger-bread or any cake easily burned, it will prevent burning.

Putting a pinch of salt in the coffee improves the flavor.

TO BOIL VEGETABLES

When cooking lima beans, rice, etc., it is very provoking to have them foam and sputter from the kettle onto one's clean stove. Drop into the kettle a small lump of butter and there will be no "boiling over."

OLIVE OIL IN BAKED BEANS

Use 5 full tablespoons of olive oil to 1 qt. of dry beans. They are delicious and more easily digested than when pork is used.

OATMEAL PIE CRUST

Scald 2 parts of fine oatmeal with 1 part of of hot water; mix well and roll thin. As this bakes very quickly, fruit which requires much cooking must be cooked first before making the pies. This crust is very tender, possessing all the desirable qualities of shortened pie crusts without their injurious effects.

SAVE DRY BREAD

If your bread becomes dry, do not throw it away; it is a part of Darby's hard earnings. Dip the dry loaf quickly into water, put in pan, place in oven and leave until crust is dry. The steam from the external moisture will enter the loaf, leaving it fresh as when newly-baked.

TO KEEP TINS FROM RUSTING

Tin vessels used in water often rust. This can be prevented by greasing well and heating in oven. They will not rust then, no matter how much used in water. Care should be taken not to burn the vessel.

SEASONING A FOWL

To improve the flavor of fowl, when seasoning it, add ginger to the salt and pepper, and rub this into flesh well. For a change, try putting an onion and an apple in ducks in place of the usual bread-crumb dressing.

KEEPING POTATOES IN WINTER

To keep sweet potatoes through the winter perfectly, line a barrel with warm dry newspapers, side and bottom, then wrap each potato in paper and pack into it, till full, cover well and keep in warm, dry kitchen or any warm, dry room. A smaller quantity may be packed in a box in the same way, and

kept in warm, dry atmosphere. To keep Irish potatoes in the cellar, sprinkle air-slacked lime among them; it seems to keep them dry and healthy. (As they are sorted, sprinkle a little in every layer.)

VINEGAR IN DOUGHNUTS

For doughnuts made with sour milk or cream, add a generous half-teaspoonful of vinegar to the batter before adding the full amount of flour.

BOILED LEMONADE

In making lemonade, boil the desired quantity of sugar and lemon juice together, cool and add as much cold water as needed — a great improvement on the old way.

SUBSTITUTES FOR ALCOHOL IN MINCE PIE

Instead of cider and other alcoholic liquors, use fruit juices for mince pies. The juice left from canning strawberries, sour cherries, plums, etc., if sweetened, boiled down and canned, makes a rich, delicious moistening for mince meat. If raisins and suet in plenty are added to the mixture, it will be rich enough to please the most fastidious appetite.

A COOKING HINT

Turn the colander upside down over the fish or meat sautéing in an iron spider; the small holes allow the steam to escape and still prevent the grease from spattering.

BAKING DAY

After taking bread from the oven, do not wrap tightly in cloth as many do; but rub the top of loaves with a little lard

or butter, tip on edge on your kneading board so that all possible crust is exposed to the air and if possible place outdoors or in the wind to cool quickly a few minutes, then remove to convenient place and let stand until thoroughly cold before putting away in box or can, and you will have delicious, tender crust.

PREVENTS SOGGY PIE-CRUST

Pie-crust will not be soggy if brushed over with the white of an egg before the fruit is put in.

CARE OF WOODEN BOWLS

To prevent wooden bowls from splitting, take them when new, before they have been touched with water, applying boiling hot linseed oil over the outside and top edge, all that will penetrate.

FRIED SQUASH

Cut a fine-grained, dry, sweet squash into thin slices, pare and fry in plenty of butter and season well. This dish will be found an excellent substitute for sweet potatoes.

TO SAVE PLANTS

To prevent bugs from eating your cucumber vines, plant one stalk of garlic in each cucumber hill; nothing will then bother the plant.

TESTING FLOUR

There are several methods of testing flour, which should be known to every purchaser. If flour is white with a yellowish straw tinge, it is good, while if it has a bluish cast, or has

black specks in it, it is inferior.

Wet and knead a little of it between the fingers; if it works soft and sticky, it is poor; if elastic and firm, it is good. If a little flour is thrown against a dry, smooth surface and it falls like powder, it is not of the best quality. If flour squeezed in the hand retains the shape given it when released, it is of good quality.

USES OF BUTTERMILK

Should you be so unfortunate as to be poisoned by poison ivy, bathe the affected parts in buttermilk every 10 or 15 minutes until the poison is counteracted. Should the case be a severe one, poultice the blisters with bread and buttermilk poultice. It will give relief very soon and will cure the most severe cases.

Buttermilk will remove mildew from cloth, white or colored. Soak the garment over night, then lay it on the grass in the sunlight. If the stain is set, soak the cloth for two or three days and lay it in the sun.

Buttermilk is excellent for freshening salt pork for frying. Slice the pork and soak over night, or set on stove and let it come to a boil, dip in flour and fry.

TIME TABLE FOR COOKING

Baking

Beans, Boston Baked.....8 hours

Biscuits, Baking Powder (according to size).....12-15 minutes
Raised (acording to size).....12-20 minutes

Bread (10-cent loaf).....50 minutes

Breads, Baking Powder Muffins
(according to size).....18-30 minutes
Corn Bread (shallow pan).....15-20 minutes
Gingerbread (shallow pan).....25 minutes
Popovers (according to size).....25-30 minutes
Yeast Muffins (according to size).....20-30 minutes

Cake, Fruit.....1¼-2 hours
Layer.....15-20 minutes
Loaf (shallow pan).....30 minutes
Sponge (deep pan).....40 minutes
Cookies and Wafers.....6-15 minutes

Cup Custards.....25 minutes

Fish, whole, 4 pounds.....1 hour
Fillets, or whole, small.....20-30 minutes

Meats, Fillet of Beef (medium).....45-60 minutes
Rump of Beef (medium) per pound.....17 minutes
Sirloin or Rib of Beef (medium) per pound...15 minutes
Chicken, per pound.....18 minutes
Duck, Domestic.....1 to 1¼ hours
Duck, Wild.....15-20 minutes
Goose, Domestic, per pound.....20 minutes
Leg of Lamb, per pound.....18 minutes
Pork Chops.....30 minutes
Loin of Pork, per pound.....22 minutes
Turkey, per pound.....20 minutes
Loin of Veal, per pound.....22 minutes

Pies.....35-45 minutes

Rice or Tapioca Pudding, Cooked.....45 minutes

Rice or Tapioca Pudding, Uncooked.....2½-3½ hours

Boiling

Cereals:

Corn Meal	2 hours
Hominy	2-3 hours
Macaroni	20-30 minutes
Oatmeal	4 hours
Rice	20-30 minutes
Rolled Oats	½ hour
Spaghetti	20 minutes
Granulated or Rolled Wheat	½ hour

Eggs:

Soft-cooked	3-5 minutes
Hard-cooked	20 minutes

Fish:

Bass, per pound	12 minutes
Bluefish, per pound	12 minutes
Cod, per pound	6 minutes
Halibut, per pound	12 minutes
Lobster, whole	20 minutes
Salmon, per pound	12 minutes
Small fish	6-10 minutes

Meats:

Corned Beef	3-4 hours
Fresh Beef	3 hours
Fowl, per pound	30 minutes
Ham, per pound	25 minutes
Mutton (leg), per pound	25 minutes
Corned Tongue	3½ hours
Fresh Tongue	2½ hours

Vegetables:

Artichokes	30-45 minutes
Asparagus	20-30 minutes
Dried Beans	3-4 hours
Lima and other Shell Beans	1-1¼ hours
String Beans	1-2 hours
Beets, old	2-4 hours
Beets, young	45 minutes
Brussels Sprouts	20 minutes
Cabbage	20-30 minutes
Cauliflower	25 minutes
Green Corn	10 minutes

Onions	1-1½ hours
Oyster Plant (whole	45 minutes
Parsnips	45-60 minutes
Peas, Fresh	20-60 minutes
Peas, Dried	3 hours
Potatoes, White	20-30 minutes
Potatoes, Sweet	20-25 minutes
Spinach	25-30 minutes
Tomatoes (stewed)	20-30 minutes
Turnips, Yellow	1½-2 hours
Turnips, White	1-1½ hours

Broiling

Bacon and Ham, sliced thin	4 minutes
Chicken, Spring	20 minutes
Chops, Lamb or Mutton	6-10 minutes
Fish, slices, Cod, Halibut, Salmon, Swordfish	12-15 minutes
Fish, whole small, Smelt, Trout	8-10 minutes
Fish, whole split, Bluefish, Scrod, Shad, Whitefish	18-22 minutes
Oysters	8 minutes
Steak, 1-inch thick (medium)	10-12 minutes
Squab	6 minutes
Tripe and Liver	3-4 minutes

Frying

Chops or Cutlets, Breaded	5-8 minutes
Croquettes and Fishballs	4 minutes
Doughnuts, Drop Cakes, Fritters, Muffins	3-5 minutes
Fish, rolled fillets and slices	5-7 minutes
Fish, whole small, smelt, Trout, Whitebait	2-7 minutes
Potatoes, Straws, Chips	3-4 minutes
Potatoes, French Fried	6-8 minutes

TEMPERATURE TABLE

	Fahrenheit
Freezing point	32°
Lukewarm Water or Milk, not over	98°
Albumen begins to coagulate	134°
Milk, Pasteurized, keep for ½ hour at	145°
Simmering point	185°
Boiling point, Water (sea level)	212°
Boiling point, Milk (sea level)	214°
Milk, scalded in double boiler	196°
Baking, Apples	300°
Baking, Bananas	400°
Baking, Biscuit (yeast)	425°
Baking, Loaf Bread	400°
Baking, Muffins	380°
Baking, Popovers	450°
Baking, Cake: Cookies	400°
Baking, Cake: Gingerbread	375°
Baking, Cake: Fruit and Pound	300°
Baking, Cake: Layer	380°
Baking, Cake: Plain (shallow pan)	375°
Baking, Cake: Sponge (shallow pan)	350°
Baking, Meats: Beef and Mutton, for 15 minutes	450°
Then reduce to	350°
Baking, Meats: Chicken and Turkey, for ½ hour	400°
Then reduce to	300°
Baking, Meats: Goose and Lamb, for ½ hour	400°
Then reduce to	300°
Baking, Meats: Pork and Veal, for ½ hour	350°
Then reduce to	260°
Baking, Pastry: Tart or Patty Shells	450°
Baking, Potatoes	450°
Frying: Breaded Chops, Oysters	380°
Frying: Croquettes, Fishballs	390°
Frying: Doughnuts, Fritters	360°-370°
Frying: Potatoes, French Fried	380°
Frying: Potato Chips or Straws	400°
Fruit Jelly	222°
Sugar and Water Sirup, large thread	217°
Sugar and Water Sirup, feather	232°
Sugar and Water Sirup, soft ball	240°
Sugar and Water Sirup, hard ball	250°
Sugar and Water Sirup, for glaced fruits and nuts	310°

Sugar and Water Sirup, for spun sugar..... 300°
Sugar and Water Sirup, caramel ..... 350°

A very hot oven ..... 450°-550°
A hot oven ..... 400°-450°
A moderate oven ..... 350°-400°
A slow oven ..... 250°-350°

To test fat without a thermometer, drop a bit of white bread into hot fat; it should brown in

60 seconds for uncooked mixtures (Doughnuts) Fritters, etc.);

40 seconds for cooked mixtures (Croquettes, Fishballs, etc.);

20 seconds for Chops, French Fried Potatoes, etc.

REAR ADMIRAL WM. S. SIMS
President of Naval War College, Newport, R. I.

Irish Stew

"Dear Madame:

"Referring to your letter of August 1st, which reached me but a day or so ago, I am sorry to say that I am not able to comply with your request to furnish you my favoriate recipe, because I pay so little attention to the question of food that I eat what comes to me and ask no questions.

"If there is any one dish that I would specially desire above all others, it would be an Irish stew."

LEGATION OF THE
UNITED STATES OF AMERICA

Berne, Switzerland

March 7, 1922.

Dear Mrs. Brebner:

In reply to your letter of January 27th, I beg to say that while Mrs. Grew and I have no recipe available for your cook book, we shall be glad to be numbered among the "100% Americans" and to be credited with some recipe which you may furnish.

Respectfully yours,

J. C. Grew.
American Minister.

Consommé

Eight lbs. of beef, 2 lbs. knuckle of veal, 1 small fowl, ¼ cup of carrot, ¼ cup of turnip, 1 tablespoon of salt, 1 sprig of majoram, 1 sprig of thyme, 1 bay leaf, 1 sprig of parsley, and 6 qts. of cold water. Simmer beef, fowl and veal in water 4 hours; add vegetables, salt, and herbs tied in a bag; cook slowly 1 hour. Strain, cool, remove fat, and serve.

Note: Consommé is the foundation for all clear soups, each soup taking its name from the garnishing used.

AMERICAN CONSULATE
Dairen, Manchuria

March 3, 1922.

My dear Mrs. Brebner:

I have to acknowledge the receipt of your letter of January 12, and hasten to send a recipe of Mrs. Kirjassoff's, which is one of my favorites.

Chicken Pilau

This is an Indian dish, often mentioned in Thackeray's novels (Thackeray was born in Calcutta), which is very popular with all Americans and Europeans who visit India.

I trust that the book you contemplate will have great success. My wife and I thank you for this opportunity to have even a small share therein.

Very sincerely yours,
Max D. Kirjassoff.

Chicken Pilau

One medium sized chicken, ¼ cup concentrated pan gravy, 1½ cups rice, 5 cloves, 1 stick cinnamon, butter size of an egg, ½ cup seedless raisins (boiled for 5 minutes and with water drained off), ½ cup almonds (blanched and browned), 1 onion cut in strips and fried in butter until crisp and brown, 2 hard-boiled eggs. Bake the chicken until tender, preserving the gravy. Boil rice in salted water together with the cloves and the stick of cinnamon. When half cooked, remove spices, drain off water, and complete cooking by steaming. When finished the rice must be dry with each kernel separate. Mix butter with the rice, together with the pan gravy and raisins. Make a mound of the rice in the center of a platter. Sprinkle with almonds and the fried onion and garnish with the hard-boiled eggs cut in halves. Cut the chicken for serving and arrange the pieces around the mound of rice.

This is a most delicious dish, and the rice prepared in this way has a very rich, exotic flavor.

MAJOR GENERAL J. A. LEJEUNE
Commandant U. S. Marine Corps

"Pain Perdue" (Lost Bread)

"This is a favorite dish in Louisiana where Gen. Lejeune was born and reared."—Mrs. J. A. Lejeune.

One loaf of bread (a day or two old), and in slices ¼ inch thick, 3 eggs, 3 tablespoons of sugar stirred together, and 1 or 2 tablespoons of lard. Have the lard very hot; dip slices of bread in the egg mixture and fry brown on each side.

WILLIAM HOWARD TAFT

Chief Justice, Supreme Court, former President of the United States

Rolled Chops

Cut egg plant into rounds, roll them in egg and bread crumbs, and fry. Take loin chops, cut thick, and roll them into rounds, putting a tooth pick into them. Broil them and put them on the egg plant and pour truffle sauce over them. (See sauces.)

1923 IS COMING

This years' book of 1922 is closed and sealed at last
Nor would I alter what is past.
My work, my pleasures, thoughts and acts,
Are all on record as plain facts.
But here before me pure and white,
Are pages for recipes of 1923 to write.
More recipes from these same donors will I borrow,
And start the "All-American Cook Book" of tomorrow.

—G. S. B.

The End

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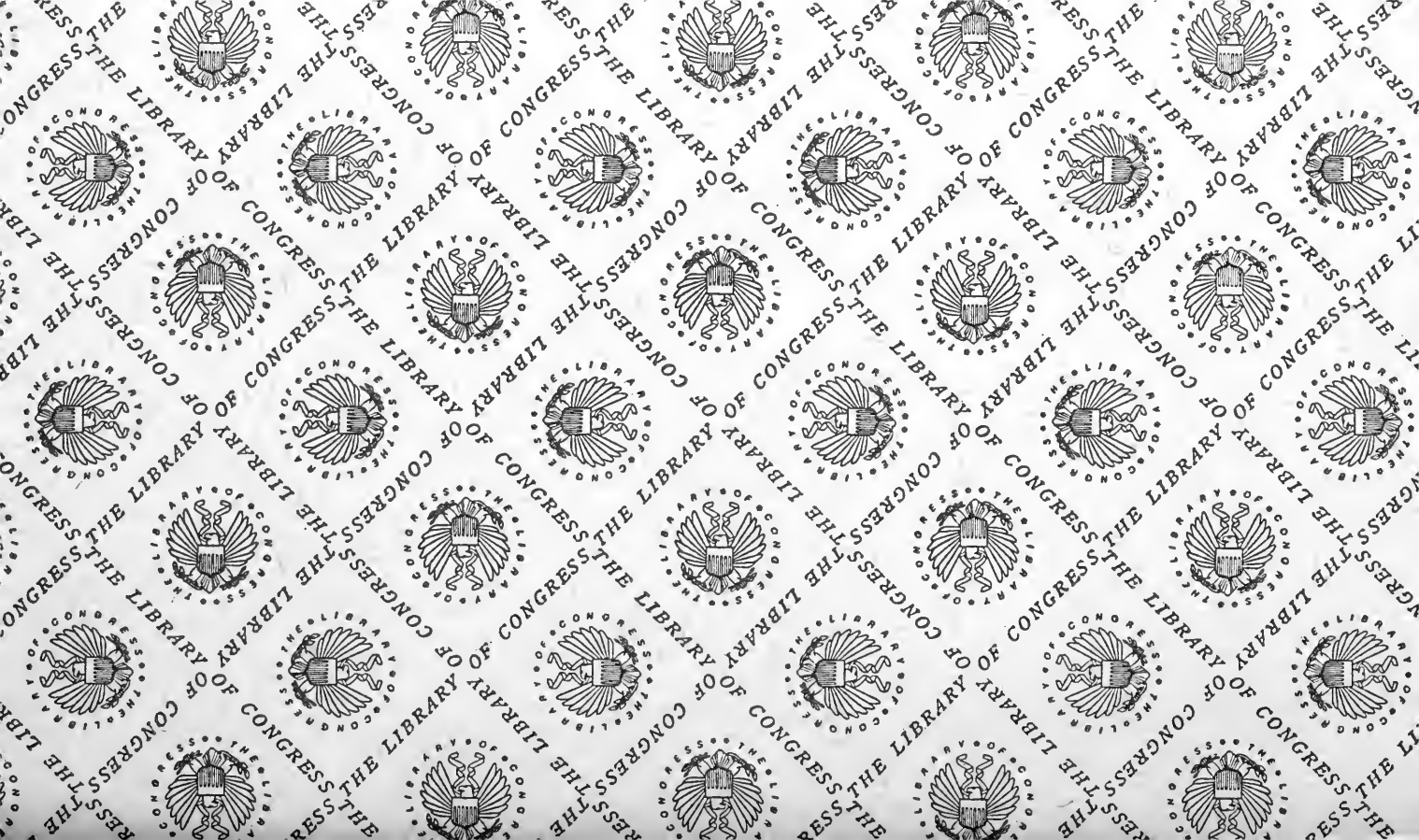
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